The pride of North Carolina's electric cooperatives

Volume 40, No. 6, June 2008

# Carolina country

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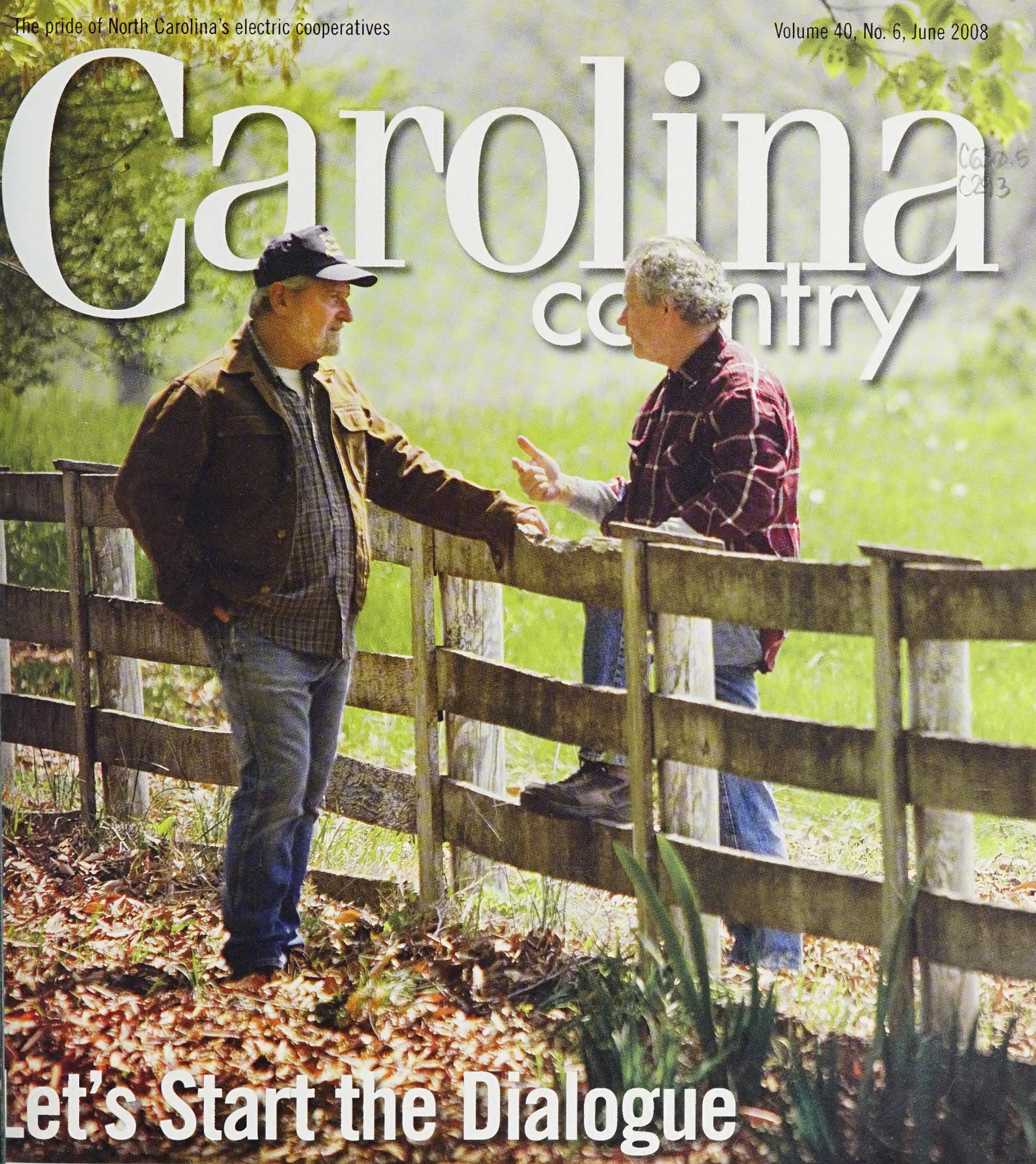

## Let's Start the Dialogue

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INSIDE:

**It's Our Energy, Our Future**
Your postcards, pages 10–11

**New Nuclear Energy**

**From This Day Forward**
Your pictures, pages 18–20

Send a message to Congress—see pages 10–11

# Echoes of Glory

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In the South's hour of need, a gallant gentleman soldier named Robert E. Lee took command, and against all odds won timeless glory for himself and the fighting men of Dixie. The Pride of the South left a record of courage and audacity that endures to this day, and now a limited edition clock reminds you of that history every minute and hour.

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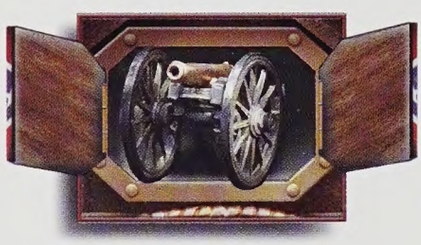

*Flag-covered doors open and the sound of cannon fire announces each hour*

Shown smaller than actual size of appr. 17" tall x 14" wide

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Requires 2 D batteries and one AA battery, not included.

*Classically designed wood clock with walnut finish and brass pendulum will make a handsome addition to your home.*

Carolina country

June 2008
Volume 40, No. 6

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Carolina country

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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 850,000 homes, farms and businesses in North Carolina. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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**HAS YOUR ADDRESS CHANGED?**

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.



# New Nukes

*By Bob McDuffie*

Despite being largely ignored—and some would argue better forgotten—for nearly three decades, nuclear power has re-emerged as a favorite on the national stage. We're seeing a renewed interest in nuclear-generated electricity in the U.S., not only among electric utilities but also among public policymakers, financial institutions, and even environmentalists. This is a good sign, especially for members of electric cooperatives who are concerned about clean, safe, reliable electricity at an affordable price.

For years, other nations around the world, primarily in Europe and Asia, have made progress putting nuclear power plants online. Their plants have produced electricity safely and economically, and they have contributed no greenhouse gas emissions. Plus, they have supplied reliable power to growing nations whose populations expect more and more electricity every year.

Nuclear power in the U.S. has lagged behind. No new plants have been licensed in 30 years. But the 104 plants that are operating—including the Catawba Nuclear Station in South Carolina, in which North Carolina's electric cooperatives have a partial ownership—are humming along as some of the most efficient power plants in the country. Nuclear power supplies about 20 percent of the nation's electricity, and about half the electricity distributed by North Carolina's electric cooperatives.

Events in 1979 at the Three Mile Island nuclear plant in Pennsylvania, as well as cost overruns due to runaway inflation, effectively brought our nation's nuclear power progress to a halt. They also ushered in new safety requirements that made plants then under construction very expensive to complete. Since that time, the industry has not only paid down its financing debt, but it also has improved the technology and safety of these plants. Today, nuclear power plants are considered among the safest places to work and among the most secure against accidents, natural shocks and malicious attacks.

Nuclear power makes good business sense as well. The Nuclear Energy Institute has reported that the nation's reactors last year produced electricity for an average of 1.72 cents per kilowatt-hour, compared to 2.37 cents for coal and 6.75 cents for natural gas-fired plants.

How to handle the spent nuclear fuel, however, remains stalled in politics and courtrooms. Meantime, nuclear plants store spent fuel securely on site. But there's progress even on that front. A former nuclear testing ground in Nevada has long been considered safe for storing all the nation's spent fuel. And last year, the National Academy of Scientists' National Research Council found "no fundamental technical barriers to safe transport in the United States" of the spent fuel.

So we're seeing new applications for building nuclear power plants. Last September, the federal Nuclear Regulatory Commission (NRC) announced that it expects to receive up to 29 applications from utilities to build new nuclear power plants in 20 states, mostly in the South. The NRC has also created an Office of New Reactors staffed with 400 inspectors, nearly as many as oversee the nation's existing 104 commercial nuclear power units. The agency believes the next wave of nuclear power plants could begin feeding the grid between 2015 and 2020. This year, Duke Power and Progress Energy Carolinas, respectively, announced plans to construct new or expand existing nuclear stations to serve North Carolina citizens. North Carolina's electric cooperatives support such actions.

While we expect the discussion to continue concerning the safety and economics of nuclear power, it has been encouraging to see some leading environmental advocates, including a founder of Greenpeace, weighing in on the side of emission-free nuclear energy.

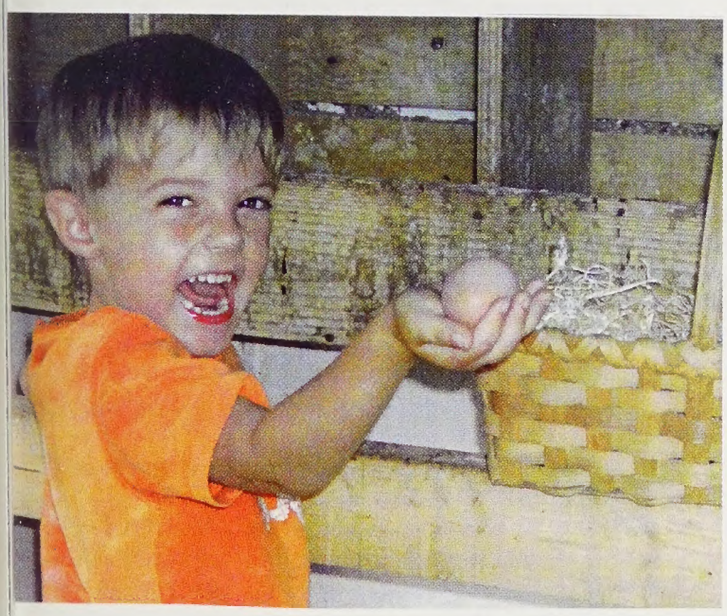
As we continue to develop renewable energy sources and generating systems that can meet our peak or intermittent needs, we're still going to need centralized power stations that can produce what we call "base load" power—electricity that is generated around the clock. Because nuclear power stations have proven to be safe, reliable base load units, it seems likely that nuclear power stations will play an important role in our future.

*Bob McDuffie is chief executive officer of Edgecombe-Martin County EMC, the Touchstone Energy cooperative serving more than 12,000 member accounts in parts of Edgecombe, Martin, Bertie, Beaufort, Halifax, Pitt, Nash and Wilson counties.*

### Adding to the beauty

My mother spends many hours weeding and planting and wants to show us her flowers whenever we go for a visit. She's always willing to share some of her beautiful blossoms with her family. My little 21-month-old granddaughter, Hailey (on Easter a year ago), just adds to the beauty.

*Karen W. Parks, Lexington, EnergyUnited*



### gg-static

.P. Bostian is obviously a future farmer. His proud parents re Bobby and Pam Bostian of Mooresville. We are very lessed to be his godparents, and we live in Mocksville. I ish we all could enjoy gathering eggs as much as he does.

*usan Bostian, Mocksville, EnergyUnited*

### Ms. Jekyll can grow!

This vine is on a pergola behind my house. It is a "Bignonia capreolata" (Crossvine) and the variety is Ms. Jekyll.

*Bob Kornegay, Duplin County, Tri-County EMC*

### A proper send-off

Our daughter and new son-in-law, Neelie and Jonas Asbill, took time to tell the goats good-bye before leaving for their honeymoon. We wish them all the happiness we've had since we married in 1977 and became members of Randolph EMC.

*Tim and Sally Robbins, Asheboro*

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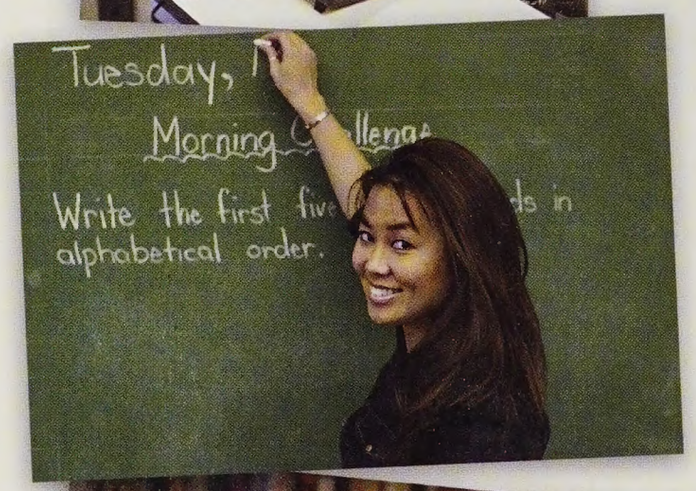


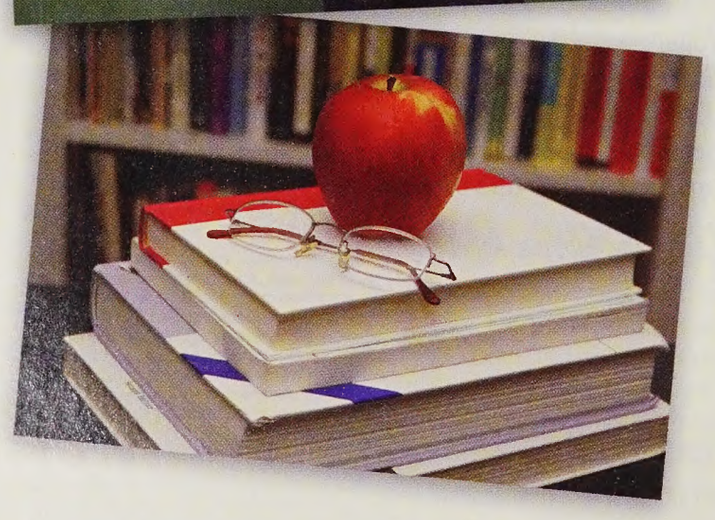

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## WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by June 9 with your name, address, phone number and the name of your electric cooperative.

**By e-mail:** where@carolinacountry.com

**Or by mail:** Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our July issue, will receive $25.

**May winner:**

The May photo shows a rock made to resemble an Indian head located on Hwy. 64/90 in the Ellendale community of Taylorsville, Alexander County, near the Caldwell County line. It was made by Leon Fagan, known for his sculptures and beloved by many in the local area. He and a friend died in December 2006 when the plane Mr. Fagan enjoyed flying crashed. His widow Ronda lives up the driveway. The correct answers were numbered and the $25 winner chosen at random was Darlene Tarlton of Taylorsville.

# Recycle that old refrigerator, save energy

The U.S. Department of Energy recently launched the Energy Star "Recycle My Old Fridge" campaign. The campaign brings together consumers, recyclers, retailers and energy efficiency program sponsors to permanently remove inefficient refrigerators and replace them, when needed, with Energy Star-qualified refrigerators.

To earn the Energy Star label, a standard-size refrigerator must be 20 percent more efficient than the federal standard.

One campaign focus is recycling secondary refrigerators, such as those in a garage or basement. If manufactured before 1993, they can cost up to $100 a year to run, and many of them have very little inside.

Many refrigerators contain refrigerants, oils and other compounds that, by federal law, must be removed and recovered. Their steel, nonferrous metals and other selected parts can also be recycled.

### Video & art contests

Participants can share their stories about recycling their old fridges through the campaign's video challenge. Participants can submit one-minute videos through July 28 through the Web site YouTube. Voting for favorite videos will continue through Aug. 4.

An art exhibition will showcase decorated old fridges and fridge doors collected throughout the U.S. Organizations hosting fridge recycling programs and participating individuals are invited to submit an entry. Submission deadline is July 15. The exhibition will take place from August 25 to September 2 at The National Building Museum in Washington, D.C.

Up to three winners for each contest will be selected. Grand prizes are trips for two to D.C., for the campaign's celebration on Sept.2.

Consumers can find a refrigerator retirement calculator to learn how much money can be saved by switching to an Energy Star model at www.energystar.gov/refrigerators. For more about fridge recycling, visit www.RecycleMyOldFridge.com.

# Try This!

**Q:** We have a rental home at the beach and need to know how we can prevent power surges from damaging our electronic equipment.

**A:** Spikes or surges are a fact of life if your home is connected to electric, telephone and cable service. Installing a surge protection system is something everybody should consider. Ask your electric cooperative how to minimize the risk of damage to your sensitive electronic equipment.

*Example of a low-profile meter base arrester from KENICK, Inc.*

*Example of a point-of-use universal surge protector.*

Electrical surges typically have two forms, those generated externally and enter your home, and those generated internally from within the home. External electrical surges can be produced by many sources, including lightning, small animal contact with transformers, and vehicles or tree limbs contacting utility wires. Electrical surges can also be transmitted into your home via the cable or telephone wires. Surges that come from inside your house can be caused by inadequate wiring and the starting and stopping of the various appliance motors. Large home electrical demand items such as air conditioners or washing machines can cause surges.

To protect your appliances, consider a double line of defense. Use both a surge suppressor located on your electric service panel, AND point-of-use surge protection at the outlets where you plug in your valuable or sensitive electronics.

Many cooperatives offer surge arresters that are the first line of defense against external surges that come through the electric service. These devices are installed behind the electric meter by a trained service technician.

You should also use point-of-use surge protectors for individual locations. Better quality models include ports for cable and telephone protection. Be careful, not all outlet strips are protected. Look for surge suppressors that offer a high Joule rating (the amount of energy they can absorb): the higher the better. Look for a rating of at least 400 Joules. Also look for a clamping voltage rating of 330 or lower. The old adage, "you get what you pay for" generally applies to surge protection devices.

Check your surge protection devices regularly to ensure they are working properly. Most have indicator lights that let you know if they have failed, in the line of duty, protecting your home's devices.

## Can you help others save energy?

Send your conservation ideas or questions to us.
P.O.Box 27306, Raleigh, NC 27611, or E-mail: editor@carolinacountry.com

# Piedmont EMC will buy solar energy in Caswell County

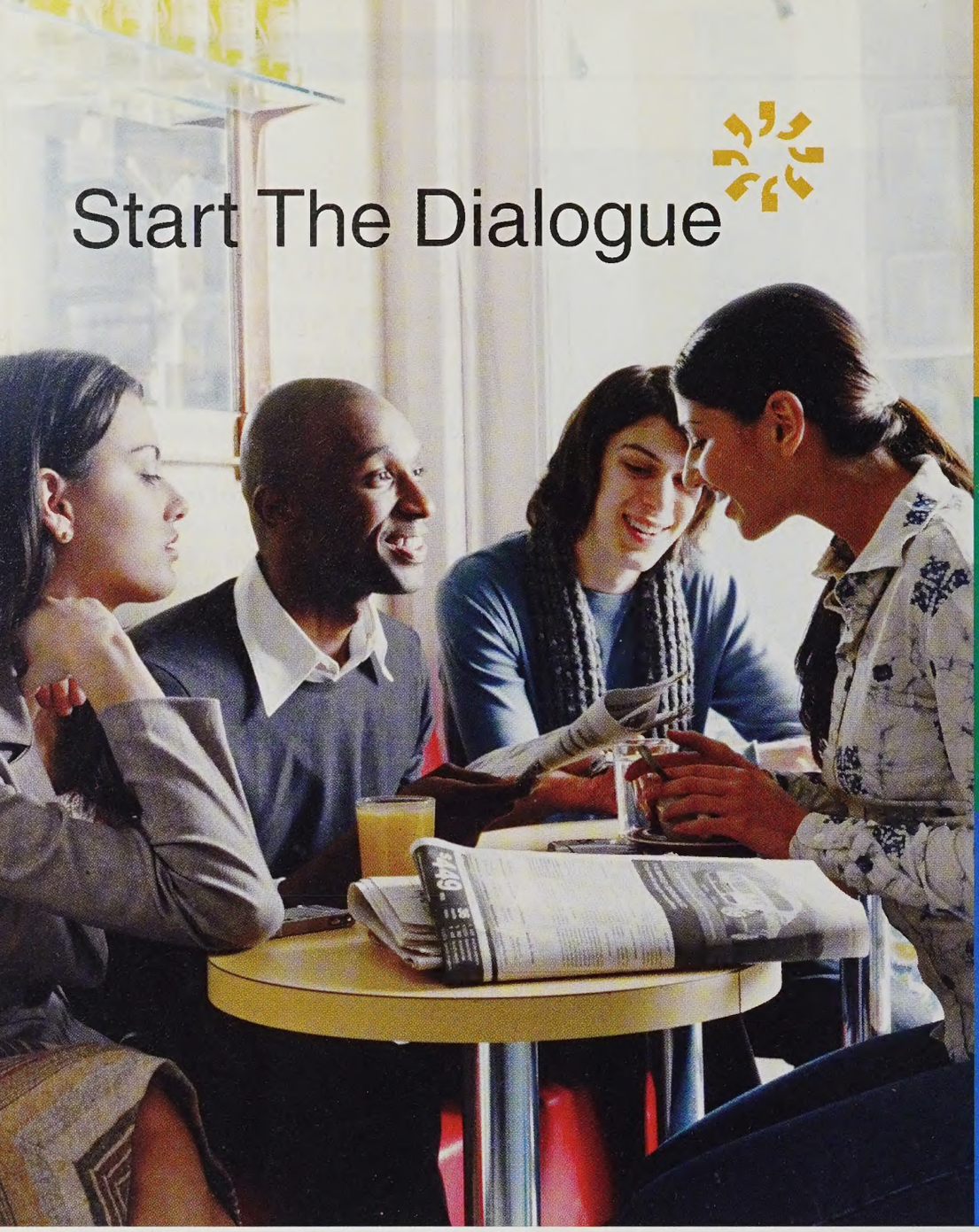
Piedmont Electric Membership Corporation, a Touchstone Energy cooperative headquartered in Hillsborough, soon will purchase power from a 50-kilowatt solar electric generator system installed by MegaWatt Solar, Inc. The solar project will be located at the cooperative's Caswell County district office.

The project is expected to deliver solar-generated electricity to the cooperative's members by the fall of this year. The site will contain 20 ground-mounted solar collector arrays. Suitable land exists at the Caswell County site for future expansion.

The project qualifies Piedmont EMC for renewable energy credits required by recent state legislation aimed at developing renewable energy in North Carolina.

Piedmont EMC serves more than 30,000 member-consumers in parts of Alamance, Caswell, Durham, Granville, Orange and Person counties.

*Piedmont EMC will buy electric power from a MegaWatt Solar facility that will look like this when erected on the Piedmont EMC district office sight in Caswell County.*



# Start The Dialogue

**Experts say that our nation's growing electricity needs will soon go well beyond what renewables, conservation and efficiency can provide; What is your plan to make sure we have the electricity we'll need in the future?**

**What are you doing to fully fund the research required to make emissions free electric plants an affordable reality?**

**Balancing electricity needs and environmental goals will be difficult. How much is all this going to increase my electric bill and what will you do to make it affordable?**

# Our Energy, Our Future

## A message from North Carolina's Electric Cooperatives

The global challenge of reversing climate change will affect all of us. We all want a clean, safe place to live and work. But our elected officials have not come up with a plan that addresses climate change without massive electric rate increases. So we all have to get involved.

In this election year, let's make sure our government leaders respond to us on climate change. Let's begin a discussion with them. Let's ask them to make plans that make sense.

We know politicians will soon consider legislation addressing climate change. Unfortunately, the proposal that has advanced the furthest in Washington, DC may raise electric rates by 40 percent over the next 20 years. Most consumers simply can't afford that kind of rate increase.

> the proposal that has **advanced the furthest in DC may raise electric rates by 40%**

It is up to the individual consumers to bring elected officials' attention to the need for a balanced energy plan. You don't need to be an energy expert to ask questions. Your questions will help our elected officials set climate change goals that keep electric bills affordable.

To make things easy, we have a Web site that will send a question from you, directly to your representatives. Go to **www.ourenergy.coop** and plug in your address. There you'll be able to ask a series of questions to your representatives in Washington.

Or, fill out one of the attached postage-paid cards yourself and ask family members to do so as well. Simply drop them in the mail, and we'll send an e-mail to your elected officials on your behalf. We're kicking off this effort with a basic but critical question: What are elected officials doing to make sure we'll have the power we need in the future?

To avert an energy crisis, the federal government must exercise true leadership on both the environment and reliable energy supply. Without leadership and a sound energy strategy, government risks the reliability of our electric system and the ability of many Americans to afford electricity.

Your cooperative is not here to make a profit, but instead operates to provide you with reliable and safe electric energy at a reasonable cost.

We know we're going to need more energy as we grow, especially here in North Carolina. We are also committed to supplying energy without compromising the environment, our lifestyles, and our budgets. What we need is a balanced approach to managing our future energy needs.

We all can be more efficient in how we use energy. We also can encourage the use of renewable energy resources, now and in the future. But know that will not be enough. We need a sensible plan we all can live with today while we deal with the climate change challenges of tomorrow.

It's our energy. It's our future. We need to be asking our federal representatives the questions.

We believe it makes sense to know the answers before the laws are passed. You can help your elected officials and yourself by having this conversation, fully vetting the options and coming to reasonable solutions. The electric bill you save will be your own.

**Our Energy, Our Future**
A Dialogue With America

# Safe & Reliable Clean & Efficient

Over the years, nuclear power plants have been providing a large share of our electricity. They may take on a larger role in the future.

*By Courtney Bowman*

As climate change continues to spur both political and public debate, North Carolina's electric cooperatives are supporting the research of new technologies and renewable energy resources in an effort to ensure cooperative members receive affordable power while balancing environmental concerns. "A solution that combines environmental responsibility with a reliable source of power may lie in the development of nuclear power plants, proven to have a long record of producing electricity with no negative effects to the atmosphere," said Rick Thomas, CEO of North Carolina Electric Membership Corporation (NCEMC).

> According to the Nuclear Energy Institute, more than 8,000 million metric tons of carbon dioxide emissions were avoided by the U.S. nuclear power industry from 1995–2006.

The North Carolina cooperatives distribute electricity produced from a diverse mix of fuels that includes carbon-neutral nuclear generation, natural gas, diesel generation, coal, hydro and renewable resources. Such a diversity in the fuel mix helps insure a balance for managing risk and costs.

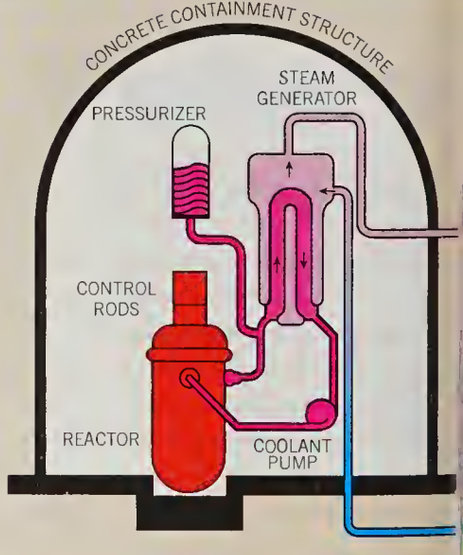
In 1981, NCEMC became a part owner of Catawba Nuclear Station, located on a 391-acre peninsula in York County, S.C. NCEMC purchased 56 percent of the station's Unit 1, which began commercial operation in 1985.

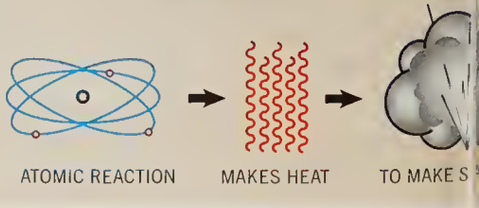
## How a Nuclear Generator Plant Works

*This diagram shows the process of a pressurized water reactor (PWR) like the two at Catawba Nuclear Station. Steam leaves the containment structure (at left) and is used to turn the turbine-generators. Condensed secondary water (shown below the turbine condenser) returns to the supply side of the steam generator. A cooling water supply —usually from a lake, river or the sea—quenches the steam after it passes through the turbine.*

*In fossil fuel plants, steam is generated using coal, oil or natural gas. Nuclear plants work much the same way, except that an atomic "chain reaction" inside the reactor makes the steam, which drives the turbine-generator.*

*The "fission" of uranium atoms in the reactor—splitting atoms into smaller parts—releases heat energy that heats water, producing steam to spin the turbine-generator. The steam is cooled—condensing back to water—and recycled through the entire process again. The plume often seen coming from the huge cooling towers at a nuclear plant is, in fact, steam generated in the cooling process that has turned to water vapor.*




Illustrated by Ed Vernon for Carolina Country

Nuclear power is growing in popularity, and for good reason. Currently, nuclear power plants generate 73 percent of all carbon-free electricity in America. Nuclear plants generate power for one in five homes and businesses in the United States without emitting any harmful carbon dioxide, making them a viable tool for reducing greenhouse gases. (About half of the electricity distributed by North Carolina's electric cooperatives comes from a nuclear source.) According to the Nuclear Energy Institute, the policy organization for the nuclear technologies industry, more than 8,000 million metric tons of carbon dioxide emissions were avoided by the U.S. nuclear power industry from 1995–2006.

Increased use of nuclear power will also help reduce our dependence on foreign oil as well as better balance our use of coal as a resource. Although it is plentiful, reliable and cost-efficient, coal when burned releases carbon emissions that contribute to environmental concerns. To ensure reliable and affordable power is available over the next 30 years, nuclear energy must remain a viable economic option to produce large amounts of electricity. "Nuclear plants in the United States have historically had a stable energy price, one of the lowest of all sources of generation," Thomas said.

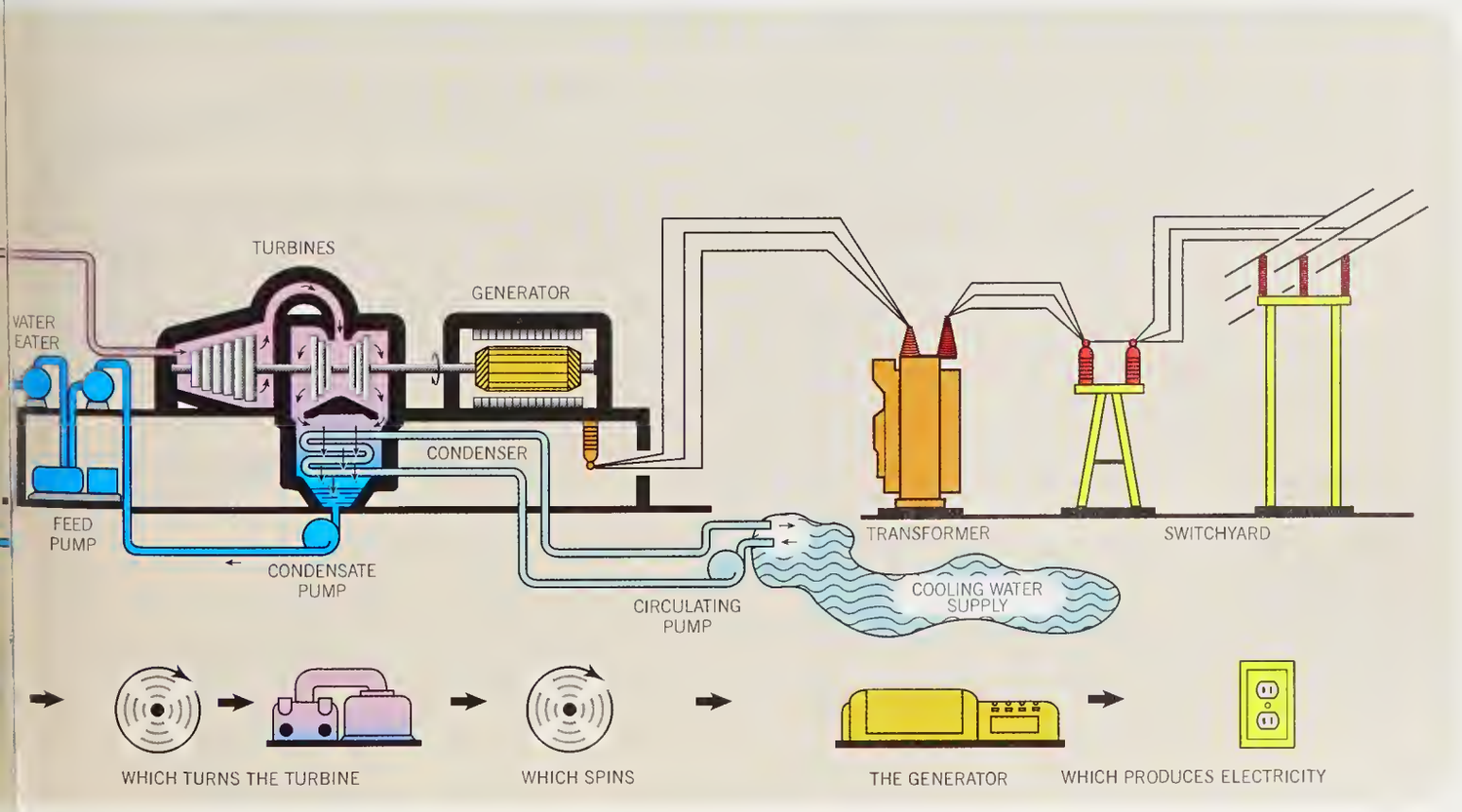
Nuclear power is also being heralded for its strong safety performance. The U.S. Nuclear Regulatory Commission holds nuclear reactors to strict safety and security standards. In 2000, the NRC developed a detailed oversight process to ensure continued power plant safety. In addition, Bureau of Labor statistics reveal it is safer to work at a nuclear power plant than in the manufacturing sector, and even in the real estate and finance industries, when comparing accident rates. Additionally, there are excellent and cost effective technologies available and in use worldwide to manage nuclear spent fuel and waste by-products.

As electricity demands continue to increase, nuclear power is a cost effective way to meet growth needs both economically and ecologically. In the next 25 years, North Carolina's population is expected to increase by half. This population growth will bring with it increased energy demands. Renewable resources and energy efficiency will not be enough to meet the expected demand for electricity. As a carbon-free energy source, nuclear power will help meet increased demand, while providing an environmentally friendly response to this growth.

*Courtney Bowman is a senior English major at N.C. State University and an intern with the North Carolina Association of Electric Cooperatives.*

Catawba Nuclear Station/Duke Energy

*About half the electricity distributed by North Carolina's electric cooperatives comes from a nuclear source, mostly Catawba Nuclear Station in South Carolina. The cooperatives are a part owner of the plant.*



# Sun Roof

## Solar energy generates electricity in this roofing material

*By Patricia Staino*

The largest solar power plant on a building in the Southeast is up and running in Benson. And the technology is so practical that businesses across the state may be interested in it.

Hamlin Energy Solutions designs and installs solar electric systems for the commercial and industrial market. It's a division of Hamlin Companies, owned for three generations by the Hamlin family business that began as a sheet metal manufacturer in 1954 and grew into a major roofing company. To demonstrate its technology, Hamlin installed a building-integrated photovoltaic (BIPV) laminate rooftop power plant at its sheet metal fabrication plant in Benson. And this ain't your grandpa's solar system.

Building-integrated photovoltaic laminates are not what most people think of when they talk about solar power. Traditional solar power systems include crystalline solar panels that are affixed to rooftops with a framing structure that requires additional support as well as up to thousands of roof penetrations that can make a building prone to leaks. Also, conventional panels sometimes are susceptible to wind damage and are most efficient only during direct sunlight hours.

Hamlin's rooftop solar system is made of a flexible photovoltaic laminate that is less than 1/8-inch thick. It is shipped to the site in rolls and adheres directly to a metal roof without any penetration. The glass-free laminates are virtually indestructible. A triple-layer construction performs during direct sunlight, indirect sunlight and cloudy conditions. The triple layer idea originated with solar collectors on handheld calculators—one layer handles low light conditions, one collects direct sunlight, and the third processes cloudy or shaded light.

Like most solar energy systems, this one collects the sun's energy as direct current (DC) and requires an inverter (there are three in the Hamlin system) to convert the fixed DC voltage to useable alternating current (AC) voltage. Voltage varies with the brightness and intensity of the sun's rays on any give day or time of day.

Hamlin's 107-kilowatt system covers 20,000 of a 70,000 square-foot roof. In a year, it will produce 156,000 kilowatt-hours of carbon-free electric power, displacing about 28 tons of coal or 4,670 gallons of gasoline, says Will Hamlin, the company's executive vice president.

"Solar energy, as a carbon-free method of generating electric power, is not only environmentally sound, but it can dramatically lower utility costs," Hamlin says. "Recent technology improvements have increased both the reliability and the efficiency for the thin-film solar laminates used in our system, making it truly practical for generating significant amounts of renewable energy."

*Hamlin's flexible photovoltaic laminate is in rolls and adheres to a metal roof.*

A system like Hamlin's costs about $8 per watt to install. For a larger system, the cost per watt goes down. North Carolina offers owners of such systems a 35 percent tax credit over five years, and the federal government offers a 30 percent tax credit. The systems also qualify for accelerated depreciation over a five-year period, Hamlin says. "When you factor in the power it's going to produce, and the renewable energy credits, in a lot of the financial models we put together we see these systems paying for themselves in four to six years."

"While solar technology is not new, it's certainly not mainstream in North Carolina even though it's getting more and more popular every day," said Hamlin. "We're reducing our plant's draw off the grid by using a renewable, carbon-free power source to provide power to the grid for distribution. We hope we're helping to raise awareness of the benefits of solar technology in our community."

*Patricia Staino is a contributing writer for Carolina Country who lives in Apex.*

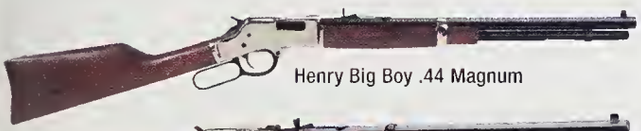
### South River EMC earns renewable energy credits

Hamlin Energy's solar roof is tied to the electric distribution grid, which means that its power is bought by the South River Electric Membership Corporation, the region's Touchstone Energy cooperative. Hamlin is producing 30 percent of its own plant's energy requirements with the rooftop solar system, and in the first month of operation, the system generated 13,000 kilowatt-hours of power.

South River EMC's manager of member and public affairs Catherine O'Dell said Hamlin's connection to the South River EMC power grid went very smoothly, especially considering it is the first such installation in the area.

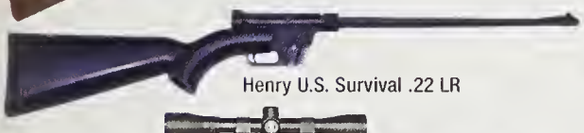
The installation also allowed South River EMC to earn Renewable Energy Credits in accord with North Carolina's recent legislation encouraging renewable energy development. State law requires electric utilities by 2018 to acquire 10 percent of their electric power through energy efficiency or renewable resources. By purchasing the power produced by Hamlin's roof, South River EMC is working toward reaching that goal.

# REMEMBER WHEN YOU NEVER RAN OUT OF AMMO AND THE GOOD GUYS ALWAYS WON?

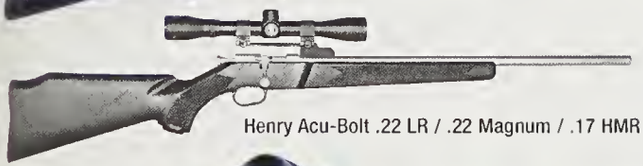


Henry Big Boy .44 Magnum

Henry Golden Boy .22 LR / .22 Mag / .17 HMR



Henry U.S. Survival .22 LR



Henry Acu-Bolt .22 LR / .22 Magnum / .17 HMR

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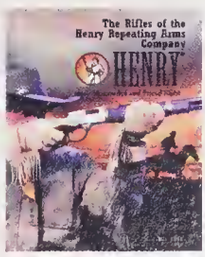

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**HEALTHNEWS: Anti-Aging Breakthrough**

# Erase Wrinkles Without Botox®*!

*Breakthrough anti-aging cream combines three scientifically advanced wrinkle-reducing ingredients for real results.*

In recent years Botox®* has been promoted as the leader of anti-wrinkle treatments. Although it can be successful, it is very expensive, painful, must be administered by a physician, and, in many cases, two to three treatments are needed for the desired corrections. After years of research and testing, a safer, more affordable product offering real results is now available.

### Hydroxatone® Vs. Other Products

Hydroxatone® is a real Botox®* alternative without the same risks associated with Botox®*. There have been a number of anti-wrinkle products introduced over the last few years. Few of these provide valid scientific evidence that they provide real results. The leading bio-chemist that developed Hydroxatone® with Dr. Fiorillo decided to incorporate the three leading and complimentary anti-wrinkle ingredients into Hydroxatone® (Argireline®[5], Matrixyl™ 3000[3], and Hyaluronic Acid) to provide real results. Hydroxatone® was the first to combine these three, resulting in the unrivaled scientifically advanced anti-wrinkle product on the market.

### Up To 68% Reduction Of Deep Wrinkles

Unless you've actually tried Hydroxatone®, it's hard to imagine it can work the miracles users claim it does. But women and men of all ages are using Hydroxatone® and seeing real and noticeable results every day. The cumulative results that are seen within two weeks will continue with daily use. Over six months this will increase to as much as 68% reduction in deep wrinkles.

| WHY CHOOSE HYDROXATONE® | | | |
|---|---|---|---|
| Products | Argireline®[5] Acetyl Hexapeptide 3 | Matrixyl™ 3000[3] | Hyaluronic Acid |
| Olay® Regenerist[1] | NO | NO | NO |
| Strivection SD®[2] | NO | YES | NO |
| La Mer™[4] | NO | NO | NO |
| Hydroxatone® | YES | YES | YES |

**Advanced Anti-Wrinkle Results**

- 68% Reduction Of Deep Wrinkles In Just 6 Months
- Diminished Age Spots & Increased Suppleness
- Enhanced Production Of Healthy, Radiant New Skin
- Tightened And Toned Skin

*"Within two weeks of using Hydroxatone®, I was getting compliments on my skin from friends and co-workers. My skin not only feels great, but it looks great too! You've made me a Hydroxatone® believer!"*

*— Robin B., Los Angeles*

*Results not typical*

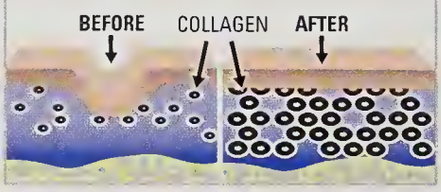
### Why Hydroxatone® Is So Effective

Hydroxatone® is unlike any other skin cream you've ever tried because it relies on THREE proven ingredients: Matrixyl™ 3000[3], Argireline®[5] and Hyaluronic Acid. But Hydroxatone® doesn't stop there! It also includes other natural antioxidants, botanicals, vitamins, and peptides...designed to nourish your skin while fading wrinkles.

**Matrixyl™ 3000[3]** – is clinically tested to promote collagen production in the skin.

**Argireline®[5]** – is a combination of amino acids formulated to relax facial wrinkles, reduce the degree of existing wrinkles and stop their future development.

**Hyaluronic Acid** – is virtually unmatched in hydrating the skin, resulting in increased smoothness, softening, elasticity and decreased facial wrinkles.




### There Is No Comparison

Forget Botox®* or any other radical and dangerous treatments. Throw out other creams that simply don't work! Hydroxatone® is the anti-wrinkle cream that is proven. Within two weeks Hydroxatone® users will start to see results. With continued use, their skin will become softer, smoother, more radiant, and younger-looking... and that's GUARANTEED.

*"I'm 51 years old and my skin hasn't looked and felt this good in 15+ years. All the tiny wrinkles and lines have virtually disappeared. This product is fantastic."*

*— Rose P.*

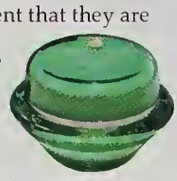
*Results not typical*

*"I talk to so many women who would do almost anything to look younger. That is why I recommend Hydroxatone® to so many of my patients."*

*—Dr. Michael Fiorillo is a world renowned board certified plastic and reconstructive surgeon and co-developer of Hydroxatone®.*

### Having A Hard Time Finding Hydroxatone®?

For years consumers have only had expensive and ineffective alternatives to achieve younger looking skin. You may have seen other inferior anti-wrinkle products costing hundreds of dollars at some high priced salons and upscale department stores. The manufacturer of Hydroxatone® is so confident in their anti-aging treatment that they are offering a 30-day **risk free trial** offer...because seeing is believing!



Call today to get your supply of Hydroxatone® risk free, for just a small s&h fee. Our operators are available to let you try one of the greatest breakthroughs in wrinkle fighting technology without spending hundreds of dollars.

**Call to get your Hydroxatone® 30-Day Risk Free Trial Offer!**

**888-854-6531**

**Mention Code for Free Upgrade!**

**2HCY11D**

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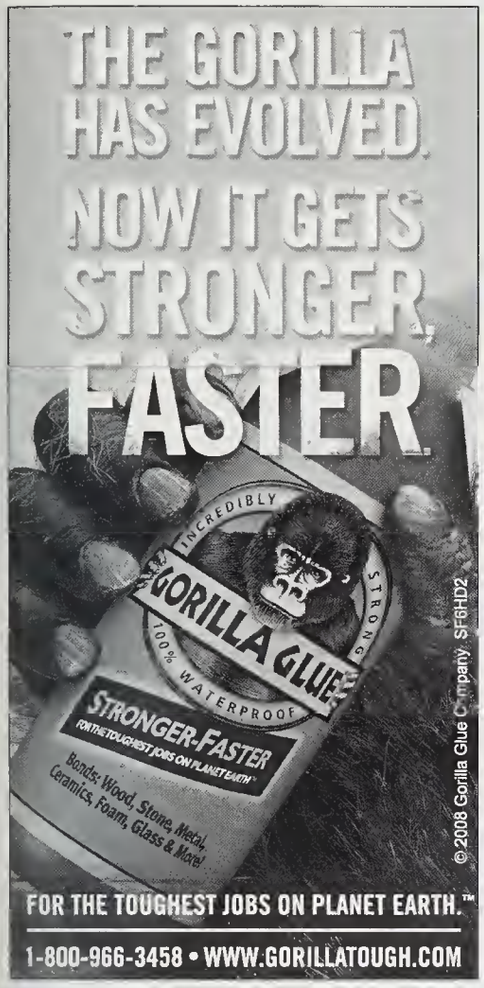
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# Smart Owners Protect Their Birds

## What You Need to Know

USDA is working to keep "bird flu" (avian influenza – AI) and exotic Newcastle disease (END) out of the country. They are contagious viral diseases that can infect many types of birds.

### LOOK FOR SIGNS OF ILLNESS

Watch for signs of disease or unexpected deaths among your birds.

### REPORT SICK BIRDS

Call your local cooperative extension office, veterinarian, State Veterinarian or USDA Veterinary Services toll free at 1–866–536–7593.

### PROTECT YOUR BIRDS

Take a few simple steps: Disinfect shoes, clothes, and equipment. Wash your hands carefully. Keep other birds and people away from your birds.

USDA

**United States Department of Agriculture**
Animal and Plant Health Inspection Service

USDA is an equal opportunity provider and employer.

BIOSECURITY FOR BIRDS

You can find out more about how to protect your birds by visiting:
**http://healthybirds.aphis.usda.gov**

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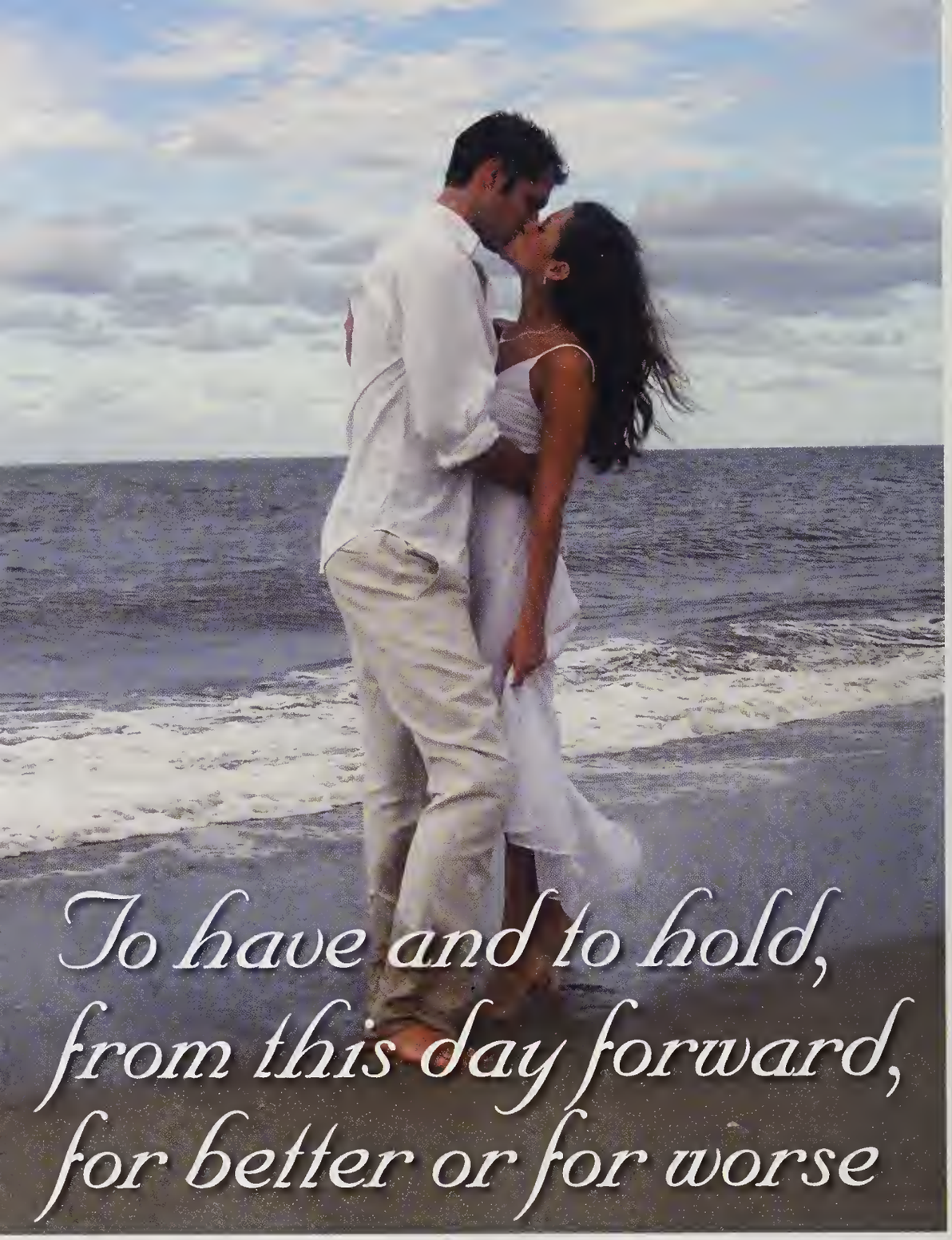

# To have and to hold, from this day forward, for better or for worse

## Your favorite wedding stories and photos

### *Beach lovers*

Living in the shadows of the Rocky Mountains in Denver, Colorado, at the time, we had our share of amazing backdrops to choose from for our wedding. But the beauty of the Carolina coast was just too ideal to pass up. With just close family by our sides and the ocean at our feet, our wedding on the beach at Oak Island turned out to be more perfect than we could have imagined. Now married almost three years and living in Charlotte, my wife Jessica and I couldn't be happier, and are looking forward to our next trip out to the coast.

*Jeremy Braketa, Charlotte*

GO ONLINE
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Thanks to everyone who sent your favorite wedding stories and pictures. You can see more on our Web site. Next month we'll publish stories and photos of your favorite cars. [Deadline was May 15.] For more themes and the rules of our "Nothing Could Be Finer" series, see page 20.

### *A priceless reception*

After my parents passed away, I was cleaning out a cabinet in their home. They hadn't thrown much away in over 50 years together. I came across the receipt for my wedding reception in the 1970s. I was still in college and the wedding was during spring break.

When we told my parents about our engagement, my father asked, "You know my daughter has one more year of college. What are you going to do about that?"

My husband-to-be boldly replied, "I have a job. I can pay for her last year."

"Welcome to the family," my father said, shaking his hand.

I couldn't believe we were really married and about to have a wonderful reception. What seemed so grand to me at the time was in reality quite simple.

The afternoon reception was at a local steak house. My parents had planned for 150 guests, but we had a few "wedding crasher" classmates. The grand total for food, drinks and a 15 percent gratuity for 165 people was $753.70.

I'm going to put the receipt in a safe place and bring it out when our daughter is planning her wedding.

*Patti Carr, Emerald Isle*
*Carteret-Craven Electric Cooperative*

## The power of roses

Bobby and I were married on Sunday, August 22, 1971. We left the church and went to my parents' house for me to change into my "going away" outfit. We drove off in a 1969 blue Camero. As we headed out of town, the smell began to rise. We finally stopped the car and found a can of opened sardines cooking on the engine! Bobby removed the can but the smell continued as we

headed to Raleigh to spend the night. He checked the car over again and found another opened can under the driver's seat. My boss had sent 36 yellow roses to our room, and needless to say, we put the vase of roses in the back seat of the car. The next morning as we headed to the mountains of North Carolina the sweet aroma of yellow roses was wonderful.

Bobby passed away in July 2006. We had 35 good years together. I often think of that day when I see yellow roses.

*Cynthia J. Corbett, Fountain, Pitt & Greene EMC*

## Want ad romance

We both had ads in the local paper's dating service. She answered mine, but by the time I realized it the paper quit doing it. I forgot about it, but she did not.

Three years passed. I was working at a local gas station where she came by often, but I did not know it was her. One day she came up and asked me if I had put an article in the paper three years ago looking for a date. She asked if my name was Michael, and I said yes, and she said she was Jennifer. It just clicked in my head that it was her. We have been together ever since. This past March 20 we celebrated our fourth wedding anniversary. We also have a 2-year-old daughter named Kari.

*Michael Taylor, Lexington, EnergyUnited*

## A lovely day anyway

We decided to marry on the beach that we loved. But first we had renovations and repairs to make on the beach house.

One such renovation was landscaping our yard. I set out to clear the way wearing a pair of shorts. Mistake! Within the week my legs were covered with either poison ivy or poison oak. The wedding was over three weeks away, so I didn't worry. But two weeks until the big day my legs were still a mess. I planned to wear a short wedding dress which would make my legs quite visible, so I headed to the doctor for a remedy. I tried the tanning bed and spray-on tans. But nothing seemed to make my red welts disappear.

Only one week to go and snap! I broke my crowned tooth. The crown could not be replaced since the tooth had broken off at the gum line. The best the dentist could do was give me a "flipper"—a retainer devise with a tooth attached. It looked natural, but I couldn't talk without a lisp. Now I was both leg-scarred and toothless.

During our rehearsal we learned that tropical storm Barry was indeed headed to our coast, and the weather forecast for the next day was dismal: rain all day, winds gusting at 25–30 mph!

The morning of June 2 my legs were still a disaster, my tooth out and flipper in (at least I could smile with what looked like a full set of teeth), while Barry barreled up the coast.

The ceremony began. The wind blew our hair, my scar-dappled legs walked down the aisle, my vows were on the lispy side, and rain was definitely on the way. But I smiled with joy as I joined hands with this man who had made my dreams come true.

*Donna Bowles, Emerald Isle, Carteret-Craven EC*

## Impatient after 20 years

We had being going together for over 20 years before I accepted my husband's marriage proposal. He would ask me to marry him, but I would always say no over and over again, until I finally accepted in 2006.

We got married at my home place in the den. We wanted a private ceremony and did not send out invitations. The preacher had guests from Philadelphia, so they came. So did one of my four sisters, my one and only brother, and my sister-in-law. The best girlfriend of my deceased mother stood in for my mother. And our beautiful daughter Alexis was there.

When the ceremony was almost over, before the preacher could say "You may kiss the bride," my fiancée was already in position to kiss me. Everybody started laughing, and the preacher said, "Not yet!"

*Wanda Beamon, Mount Olive, Tri-County EMC*

## Just starting out

Bill and I were married March 2, 1957. Our minister got sick so we found another one. My brother-in-law was an usher. He came down with the flu. At 3 p.m. that afternoon I carried his tuxedo pants to get them fitted so another man, Bill's brother-in-law, could be an usher. The wedding went fine.

Bill and I stopped in Southern Pines for supper. He realized he had left his billfold in the pants of his tuxedo. I paid for our first night until our family could bring his billfold to us.

Bill had a new 1957 Mercury, and the brake lever broke on our trip. When we returned, I went to see my parents. As I went by the picture window, I saw our car rolling down the driveway.

That was 51 years, three children and three grandchildren ago, and we are still together.

*Dottie Gaines, Siler City, Central EMC*

## *Show time*

Every girl dreams of her fairytale wedding. My dream began in Boston when I met Jeff face to face after meeting in cyberspace a few weeks earlier. A wedding wouldn't happen until we returned to Jeff's home state of North Carolina. Jeff has been in professional theater since college, so I wasn't optimistic that a theater opportunity in North Carolina was out there. But it was, and on Christmas Eve 2005 while viewing the construction of the new theater from Flat Top Manor, he put his arms around me, held a diamond ring in front of me and asked me to be his wife.

With so many Christmas Eve milestones in our life (including his parents' 1943 wedding), December 24 had to be the date. We were married on the main stage of the Hayes Performing Arts Center. With "One Performance Only" and the "Cast of Characters" (including Best Dog), the ceremony was unconventional and fun. We ended with "Rocky Top" as our exit walk. The weather and day were perfect. Never give up on your dream. Mine came true at age 57!

*Diane Scott-Clark, Blowing Rock*
*Blue Ridge Electric*

## *He saved me a seat next to him*

Back in the 40s, a Walters family moved here to Indian Trail from Anson County. One of the sons named Bill had the prettiest smile and a good sense of humor. It was love at first sight for both of us.

I was so thrilled when I'd see him at church or on our school bus. He started saving me a seat on the bus. One day he joined the Navy instead of being drafted for the Army. I was so sad, but he started writing letters nearly every day. He came home one weekend on leave and sat in the choir with me. He spent the day with us and took me to church that night and also gave me my first real kiss. He spent two and a half years in the service and then was discharged.

We soon got married in the preacher's home. It was the most beautiful small wedding. He was the most caring and loving husband. We spent nearly 57 years together. God blessed us with six precious daughters. He is now in heaven, and I miss him so much. He was a precious daddy, too.

*Marie Walters, Indian Trail,*
*Union Power Cooperative*

## *The joys of a wedding day*

My favorite wedding story happens on two different dates. One wedding was on Feb. 12, 1989, and the second wedding was on Oct. 13, 2001. My husband posed patiently in all the wedding pictures. He knew I was all about making memories.

The first picture is my 6-year-old daughter from a prior marriage posing with her new daddy whom she adored. The second wedding is, well, you guessed it! The same little 6-year old girl, now age 20, still is posing with her dad but now on her own wedding day.

*Sally Tyndall, Fremont, Tri County EMC*

## send us your best EARN $50

Here are the themes in our **"Nothing Could Be Finer"** series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you $50. You don't have to be the best writer. Just tell it from your heart.

**August 2008**
**If Students Ran the School**
For students: How would you run your school?
*Deadline: June 15*

**September 2008**
**My Favorite Photo**
Our annual photo gallery of N.C. people and places.
*Deadline: July 15*

**October 2008**
**Celebrity Presidents**
What celebrity–human or cartoon–would make the best President, & why?
*Deadline: August 15*

**November 2008**
**The Techno Whiz**
Your craziest experience with home electronics.
*Deadline: September 15*

**December 2008**
**Holiday Recipes**
Recipes for your favorite holiday meals.
*Deadline: October 15*

**The Rules**

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos should be a minimum of 1200 by 800 pixels.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay $50 for each submission published. We retain reprint rights.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to: Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616
   E-mail: finer@carolinacountry.com Online: www.carolinacountry.com

# morning mower

By Charles Lathe

As quietly as I could, I tried to sneak out of bed, but Nina woke anyway and asked where I was going.

"I want to mow the lawn before the dew dries," I replied.

"Mow the lawn!" She looked over me and through the window. "It's still dark. You won't even be able to see."

"It just looks dark from inside," I said. I dressed and joined the birds and dogs in their celebration of morning.

*A scythe likes early morning grass still wet with dew. It makes a swish, swish sound so innocuous that even the singing birds aren't bothered.*

How would you like a neighbor who goes out at the earliest sign of dawn to mow his lawn? Isn't it bad enough that the neighbor mows his lawn while you are trying to eat a spring dinner outside? Or that we all seem to mow by turns, rather than all at once, so that the whole of Saturday is marred by a long, steady cacophony?

Well, if I'm your neighbor, you probably don't even notice, because I'm mowing with a scythe this year. While a scythe likes early morning grass still wet with dew, it makes a swish, swish sound so innocuous that even the singing birds aren't bothered.

You might be able to find a scythe at your local hardware store. I've seen them in Randleman. But I did some reading before buying, and I learned there are two styles of scythes (European and American) and two major parts to a scythe (the blade and the snath). We all know what a scythe blade is called; it's called a blade. The snath is the wooden handle that holds the blade. The European snath is shaped differently than the American snath and is lighter. It is also easier to find a high quality blade for the European scythe than it is for the American scythe because scythes are still used on many farms in Eastern Europe.

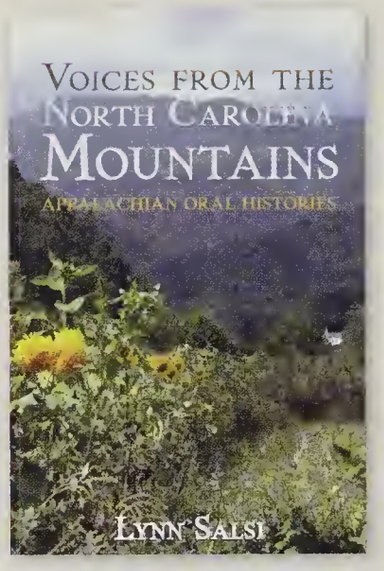
I decided to order a European style scythe from a company in Maine. So, after much research, and a short phone consultation, I sent a couple of measurements—my height and the distance from my elbow to the tip of my longest finger, and a check to Scythe Supply in Perry, Maine. A few weeks later, they sent me a custom-sized scythe.

My scythe arrived before the grass and weeds began to grow in earnest this year, so I moped around for a few weeks cutting the tops off of wild onions, practicing honing the blade, and waiting for the chance to do some real mowing. Finally, everything began to grow and I find myself with plenty of mowing that I can do quietly while my neighbors sleep.

*Charles Lathe lives in Franklinville and is a member of Randolph EMC.*

# on the bookshelf

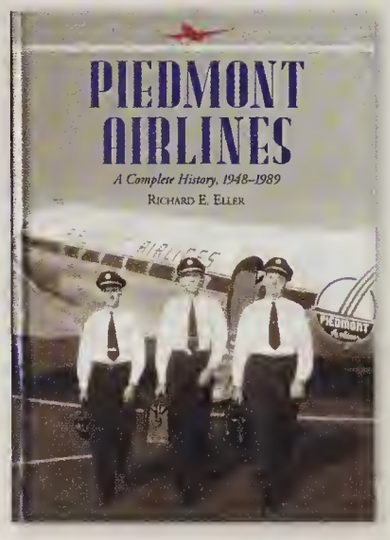
## Appalachian Oral Histories




In isolated pockets of western North Carolina, remnants of Appalachia's legendary old folk culture still thrive with mountain folk who cook on wood stoves and vividly remember what life was like without electricity. With warmth and humor, author Lynn Salsi profiles six extraordinary mountain residents who continue to grind cane to make molasses and harvest honey from backyard beehives. Amy Michels, banjo picker and coon hunter, recalls getting a guitar with Green Stamps, while Robert Dotson, champion flatfooter and 'baccer farmer, reminisces about dancing at Slagle's Pasture. Salsi recorded their stories in longhand so participants felt free to speak without a tape recorder. "Voices from the North Carolina Mountains: Appalachian Oral Histories" is published by The History Press in Charleston. Softcover, 128 pages, b&w photos, $19.99.

(866) 457-5971
www.historypress.net

## Remembering Piedmont Airlines




Founded by Thomas H. Davis in 1948, Piedmont Airlines was one of the most respected regional airlines of its time. This comprehensive history follows the airline from its humble beginnings at Smith Reynolds Airport in Winston-Salem to its 1989 absorption into USAir. Author Richard E. Eller, a history professor at Catawba Valley Community College, draws upon corporate documents, local news stories and numerous interviews with former Piedmont employees to tell the airline's history. Eller provides two appendices with detailed lists of its fleet and service destinations. "Piedmont Airlines: A Complete History, 1948–1989" is published by McFarland in Jefferson. Hardcover, 317 pages, b&w photos, $49.95.

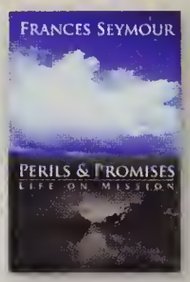
(800) 253-2187
www.mcfarlandpub.com

## Best Hikes with Dogs

Dogs love to run alongside their owners, sniff under plants and splash in refreshing streams. This new guide details paw-friendly hikes across North Carolina. Covered in depth are 51 trails, including choices around Asheville, Winston-Salem, Charlotte and Raleigh, through the Uwharrie National Forest and along the Mountains-to-Sea Trail. Each trail is chosen specially for its appeal to canines. Author Karen Chavez, an Asheville Citizen-Times editor and former park ranger, provides an overall chart for regions, basic information for each trail such as mileage, descriptions and directions, elevation maps and the best season for the hike. "Best Hikes with Dogs: North Carolina" also details proper trail etiquette, doggy first-aid, and dogs' special hiking needs. Published by The Mountaineers Books in Seattle. Softcover, 240 pages, b&w photos, $16.95.

(800) 553-4453
www.mountaineersbooks.org

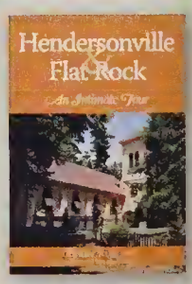
## Life on Mission




When Hurricane Isabel crashed through North Carolina in 2003, Frances Seymour was contentedly working in a Baptist church office. Suddenly she found herself swept away from her comfortable suburban home in Waxhaw into a camper with her husband, helping victims in Down East villages recover from the disaster. Seymour gives an honest account of life working with hurricane victims, living out of her comfort zone and her culture adjustment working on mission. She also shares her spiritual journey as a survivor of brain surgery, epilepsy and rheumatic fever. "Perils and Promises: Life on Mission" is published by Pleasant Word, a division of Winepress Publishing in Enumclaw, Wash. Softcover, 149 pages, $12.99.

(877) 421-7323
www.winepressbooks.com

## Hendersonville and Flat Rock




Hendersonville's stately storefronts and Flat Rock's charming summer homes remind us of gentler times. This guide takes readers back to the early 19th century, when the city of Hendersonville and village of Flat Rock were beginning to blossom as travel destinations. We learn about mountain traditions and where to eat, shop and sightsee in other towns as well, including Brevard, Saluda, Cashiers, Dillsboro and Black Mountain. Historian and author Terry Ruscin of Hendersonville also tells about little and well-known landmarks, and discusses happenings such as Hendersonville's Annual Tulip Extravaganza in "Hendersonville & Flat Rock: An Intimate Tour." Softcover, 158 pages, color and b&w photos, $21.99.

(866) 457-5971
www.historypress.net

## Primer on Omega-3 Fatty Acids

Many different foods contain omega-3 fatty acids, but the content varies considerably. When trying to achieve your daily intake of 2,000 mg of omega-3's, it's best to eat foods chock full of them. Foods with a lot are Alaskan salmon (2,100 mg), ground flax seeds (3,500 mg), walnuts (2,300 mg), tuna (300 mg), squash (300 mg), cauliflower (200 mg) and broccoli (200 mg).

Eating only foods that provide a small amount of omega-3's per serving means you need to eat 7–10 servings per day to reach your daily omega-3 intake goal. However, small amounts do add up and contribute towards meeting your goal, and it's important to enjoy a wide variety of foods in moderation. We simply want you to realize that the best food sources for omega-3 fatty acids are cold water fish, ground flax seeds, and walnuts.

Fish oil supplements are a good option for those of us who don't enjoy or can't eat fish and nuts (read labels carefully, and aim for a total daily dose of 2,000 mg of EPA +DHA together). If you enjoy eating high omega-3 fatty acid foods regularly, using a fish oil supplement can still be good for you, but the emphasis should be on dietary sources of omega-3's whenever possible.

Look for products that guarantee purity, like those from Nordic Naturals, available at Harris Teeter.

*The best food sources for omega-3 fatty acids are cold water fish, ground flax seeds, and walnuts.*

## What Are Trans Fats?

Trans fats are vegetable oils that have been altered through a process called partial hydrogenation. This makes them solid at room temperature and gives them a longer shelf life. Trans fats are used in many baked goods and fried foods. Unfortunately, eating these fats is not good for you.

**Why are trans fats bad for me?**

Trans fats worsen cholesterol levels and may increase inflammation throughout the body, thereby increasing your risk of cardiovascular disease.

**How can I identify them in the foods I eat?**

Read the food label; you will find trans fats listed on the Nutrition Facts panel. In January 2006, food manufacturers began listing trans fats on their products. You can also look for "partially hydrogenated oil" on the ingredient list.

**Trans fats can be found in foods such as:**

cakes, cookies, crackers, pies, bread, animal products, margarine, fried foods, potato chips, corn chips, popcorn, vegetable shortening, salad dressing and cereal.

*Source: Adapted from the FDA and the American Heart Association Web sites*

From "**Your Wellness for Life Guide**," published by Harris Teeter, a grocery based in Matthews, N.C. The complete guide and daily tracker are available free at all Harris Teeter stores. For more information and a free 7-day meal planner, visit www.harristeeter.com.

## Weddings

To help plan an environmentally friendly wedding, some couples turn to wedding planners versed in environmental issues. According to Idaho-based Angel Wedding Planners, weddings can minimize waste and environmental impact. Invitations, for example, can be printed on tree-free or recycled paper, and a one piece folded design can save paper and envelopes.

Angel recommends using food and drink from local organic producers, if possible. Some caterers specialize in preparing and serving such items. Organic flowers (from local vendors or online via Organic Bouquet) are another way to make a statement.

You can avoid disposable products, too. Caterers can use or rent real dishes, linens, cutlery and glassware. Other areas include: wedding attire (renting a dress or buying a used one and then re-selling it); transportation (carpooling at least from the wedding to the reception); photography (those disposable cameras can be wasteful); and wedding registries (do a Google search, or support a local green store).

Valerie Edmunds, founder of Green Elegance Weddings, hopes her company can make an important environmental contribution by directing some of the $25,000 people typically spend on a wedding toward greener products and services. Her advertising-supported Web site provides page after page of free useful information about apparel, invitations, gifts, flowers, food and beverages, even the honeymoon.

Look at OurWeddingDay.com, which provides free online tools (including an "RSVP Manager," Save-the-Date E-cards, a Gift Registry and an Event Manager) to help couples create the "ultimate green wedding from start to finish." The site also posts articles from leading bridal magazines so brides can save paper by not having to go out and purchase any of the 135 or so 2-inch-thick bridal magazines.

**To learn more:** Angel Wedding Planners, www.angelweddingplanners.com; Organic Bouquet, www.organicbouquet.com; Green Elegance Weddings, www.greeneleganceweddings.com; OurWeddingDay.com, www.ourweddingday.com.

## Outdoor gear and clothing

Outdoor gear and clothing manufacturers are slowly but surely beginning to work materials crafted from recycled, reused or otherwise sustainable sources into their products.

Synthetics like polyester and nylon have been the "go to" materials for outdoor clothes, due to their moisture wicking, quick drying and warmth retention properties, but they are fast being augmented if not replaced by new fabrics crafted out of organic plant-based materials. For one, soybeans are now finding their way into outdoor clothing. One example is ExOfficio's Tofutech Tee, which wicks moisture, retains warmth and resists wrinkles while being made of a 100 percent soy-based, biodegradable fabric.

Cocona, from the Colorado-based company of the same name, uses a fabric treatment derived from coconut husks discarded by the food industry that helps other traditional fabrics wick moisture, control odor and shield UV rays. Some 40 clothing manufacturers, including GoLite, Marmot, Sierra Designs and Royal Robbins, are incorporating Cocona into their product lines.

*Just about every aspect of a wedding is an opportunity to minimize waste and environmental impact.*

Patagonia, a California-based company, uses 100 percent organic cotton in all of its shirts, pants, outerwear and underwear. Patagonia also takes back its customers' own discards, melting them down to use the raw materials in new jackets and sweaters. The company carries footwear made from organic cotton, recycled rubber soles, latex made from the milk of Hevea trees, hemp, and laces made from vegetable waste.

Oregon-based Nau says every item in its line uses either recycled polyester from soda bottles, organic cotton or the corn-based plastic-alternative polylactic acid (PLA). Nau's four retail outlets were designed using reclaimed timber, energy-efficient lighting and a "ship-to-you" program that cuts down on in-store storage space and energy usage.

Shoemaker Timberland has a new Greenscapes line of sneakers made with vegetable- (instead of chemical-) tanned leather and hand-sewn instead of glued with the toxic adhesives. The new line also sports recycled polyester laces and outsoles made from recycled rubber. Timberland uses packaging made from green-friendly and recycled materials and has launched a "Green Index" to measure each product's environmental footprint. The company is working with the Outdoor Industry Association to implement an industry-wide version of the Index so consumers can compare the relative green-ness of competing products.

**To learn more:** ExOfficio, www.exofficio.com; Nau, www.nau.com; Cocona Fabrics, www.coconafabrics.com; Patagonia, www.patagonia.com; Timberland, www.timberland.com.

**Got an Environmental Question?**
Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit it at: www.emagazine.com/earthtalk/thisweek, or e-mail: earthtalk@emagazine.com. Read past columns at: www.emagazine.com/earthtalk/archives.php.

**HEALTHNEWS**

# Surgery Can't Fix Dark Circles!

*Finally, researchers have developed the first product to combine a clinically proven compound to reduce those dark under-eye circles and simultaneously reduce fine lines and wrinkles, resulting in noticeably younger looking eyes.*

*—By Sarah Tucker*

I can't tell you how often I'm told that I look tired because of the dark circles under my eyes. I guess some people don't realize how embarrassing this is...I have been plagued with dark circles since my early 20s! But finally I don't have to worry about them anymore since I found Hydrolyze.

### Solves Two Beauty Problems At Once!

Hydrolyze was created by one of America's premier anti-aging skin care companies. They have succeeded at creating the first intensive eye cream to effectively combat not one but TWO of the most aggravating beauty problems... under-eye dark circles and wrinkles.

**Hydrolyze[H] Under-Eye Treatment® Combats Twice As Many Beauty Problems Than The Leading Eye Creams**

| BENEFITS | Hydrolyze | Hylexin™* | StriVectin-SD®** |
|---|---|---|---|
| HELPS DIMINISH DARK CIRCLES | ✓ | ✓ | |
| REDUCES WRINKLES | ✓ | | ✓ |

### Contains Haloxyl™† AND Matrixyl™ 3000‡

Hydrolyze works so well at making your eyes look younger and brighter because it combines the most effective leading ingredient for reducing serious dark circles and bags, Haloxyl™†, with Matrixyl™ 3000‡, the most advanced anti-wrinkle ingredient known to science, proven to reduce visible deep wrinkles by up to 68%. You can't help but see and feel a noticeable difference after just a few weeks.

### Why Dark Circles Form In The First Place

Despite what most people think, deep, dark circles under your eyes are not primarily caused by being tired or stressed. Instead, dermatologists and plastic surgeons agree that dark circles are caused by capillaries that leak blood close to the skin's surface. When this blood begins to oxidize it turns a bluish red color, similar to an ugly bruise. And since the skin under the eyes is very thin, this leads to the appearance of those embarrassing bags and dark circles. The more transparent your skin and the more blood that pools under it, the darker the circles appear. And what's worse, this discoloration over time can become permanent!

### Helps Reduce & Prevent Dark Circles

In scientific studies, Hydrolyze's main active ingredient, Haloxyl™†, has been shown to help reduce the leaked blood under the skin (or "hemoglobin degradation by-products" as the plastic surgeons say) by using a series of natural enzymes that break down the blood and cause the dark circles to fade. In fact, Haloxyl™† is so effective because it actually helps strengthen the capillaries to help prevent them from leaking in the first place.

### Need Proof?

In a double-blind clinical trial more than 72% of women who had serious dark circles and used Haloxyl™† saw an obvious visible reduction in the dark color under their eyes. These findings were confirmed using high-speed laboratory photography that clearly showed a significant reduction in the appearance of the blue and red color that make up dark eye circles.

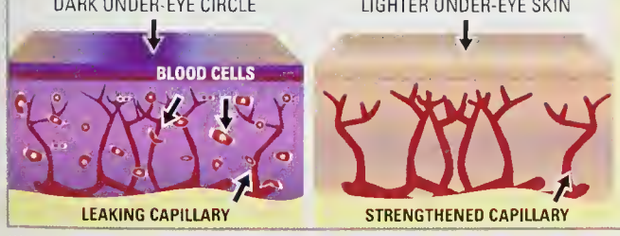
### With Matrixyl™ 3000‡, The Most Advanced Wrinkle Reducer Known To Science

Hydrolyze is so effective at making your eyes look so much younger because it also includes one of the most effective wrinkle reducing compounds ever produced, Matrixyl™ 3000‡. Due to its advanced wrinkle fighting technology, this clinically proven compound actually stimulates collagen production to help reduce the appearance of visible deep wrinkles by 68% and increase the firmness of your skin after only two months. All natural Hydrolyze was designed to be safe and gentle enough for everyday use.

"The skin around the eyes is thin, and thus susceptible to dark circles. Surgery can not eliminate dark circles. Hydrolyze not only reduces the appearance of dark circles and bags but also helps prevent them."

*–Dr. Michael Fiorillo is a world renowned board certified plastic and reconstructive surgeon.*

### How Hydrolyze[H] Under Eye Treatment® Reduces Dark Circles



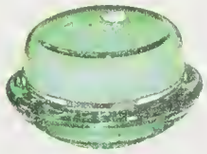

**Before** – Dark circles form under the eyes due to weakened capillaries that leak blood close to the skin's surface.

**After** – Hydrolyze's active ingredient, Haloxyl™†, uses natural enzymes to help break down leaked blood under the skin and strengthen the capillaries to help prevent further blood leakage. Eyes appear brighter and younger.

*Hylexin™ is a registered trademark of Bremenn IP Holdings, LLC – **Strivectin SD® is a registered trademark of Klein-Becker IP Holdings, LLC – †Haloxyl™ and ‡Matrixyl™ 3000 are registered trademarks of Sederma, S.A.S – Hydrolyze® Under Eye Treatment® is not endorsed by Klein-Becker IP Holdings, LLC , Bremenn IP Holdings, LLC or Sederma, S.A.S

### Having A Hard Time Finding Hydrolyze[H] Under Eye Treatment®?

Until now Hydrolyze has only been available through plastic surgeons' offices in New York and Beverly Hills. But now you can experience first hand the unique results of Hydrolyze in combating both dark circles and wrinkles without a visit to a doctor.



The makers of Hydrolyze are so confident in their anti-aging technology, they're offering a 30-Day Risk Free Trial...because seeing is believing! To get your 30-day supply of Hydrolyze risk free, for just a small s&h fee, **call now**. Our operators are ready to let you try one of the greatest breakthroughs in fighting dark circles and wrinkles.

**Call 888-667-0439 to get your Hydrolyze[H] Under Eye Treatment® 30-Day Risk Free Trial Today!**

**Mention Promotion Code 2YCY11B**

www.HydrolyzeDirect.com

# Getting To Know...
## Emmylou Harris

**Born:** Born April 2, 1947, in Birmingham, Ala.

**Known for:** Versatile songwriter, musician and singer of pop, folk, alternative rock and country music

**Accomplishments:** Harris grew up in a military family and spent most of her childhood in various North Carolina locales. She attended high school in Woodbridge, Va., where she graduated as class valedictorian. Harris studied drama at UNC-Greensboro on scholarship before leaving to pursue a musical career in New York City. She recorded her debut album, "Gliding Bird," in 1970 on Jubilee. Unfortunately, her album sank in the fray following the label's bankruptcy. Despite other personal and professional challenges, the young Harris prevailed and went on to win 12 Grammy Awards including several Best Female Country Vocal Performance awards. Eight albums have gone gold, as well as "Trio," recorded with Dolly Parton and Linda Ronstadt. A sought-after duet partner, she has sung with Roy Orbison, Johnny Cash, Joan Baez, Waylon Jennings, Tammy Wynette, Lyle Lovett, Elvis Costello, George Jones, Mary-Chapin Carpenter and Sheryl Crow. In February, her distinct, crystalline vocals and other musical achievements earned her a place in the Country Music Hall of Fame. A longtime social activist, Harris organizes Concerts for a Landmine Free World to benefit the Vietnam Veterans of America foundation's efforts to assist innocent victims of war. She founded an animal shelter in Nashville, which she assists in her spare time.

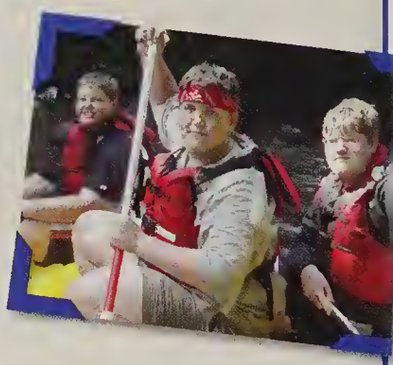
**Quote:** "With the Constitution they set something in motion that is a pretty extraordinary document and a recipe for the way you would want people to live."

# Do you know...

North Carolina recycles oyster shells to help make more oysters? Oysters grow in clumps on pilings and concrete but their favorite place to grow is on other oyster shells. The program collects used shells at coastal disposal centers and then puts them in the ocean. A mound of shells, also called an oyster reef, helps produce new oysters and provides a habitat for organisms such as crabs, small minnows and fish. Oysters also clean water by feeding on plankton and waterborne particles. For more about the North Carolina Oyster Shell Recycling Program, call (800) 682-2632 or visit www.ncdmf.net. The site includes a list of shell drop-off centers, as well as restaurants that recycle shells.

# WEIGHT LOSS CAMPS FOR KIDS

Nearly 20 percent of North Carolina children ages 10–17 years old are overweight. To fight this growing trend, summer camps that focus on weight loss and exercise for children are available. Camp Shining Stars, a non-profit, co-educational weight-loss camp for youth ages 10–18, helps raise self-esteem and teaches tools and habits necessary to lead a healthy lifestyle. It's held on the campus of Barton College in Wilson, about 45 minutes east of Raleigh. Wellspring Adventure program helps boys and girls ages 11–17 achieve high levels of activity and weight loss. Activities include hiking, whitewater rafting, rappelling and rock climbing. Wellspring's N.C. program is held at Camp Hope, about 15 minutes from historic Mt. Pisgah in the Blue Ridge Mountains. For more information, visit www.campshiningstars.org or www.wellspringadventurecamp.com.



## classroom chuckle

**Teacher:** What happens when you throw a green rock into the Red Sea?

**Student:** It gets wet.

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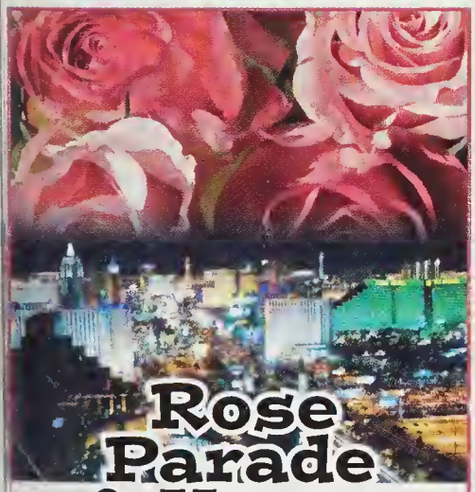
*All information is deemed reliable but not guaranteed and is subject to change without notice.



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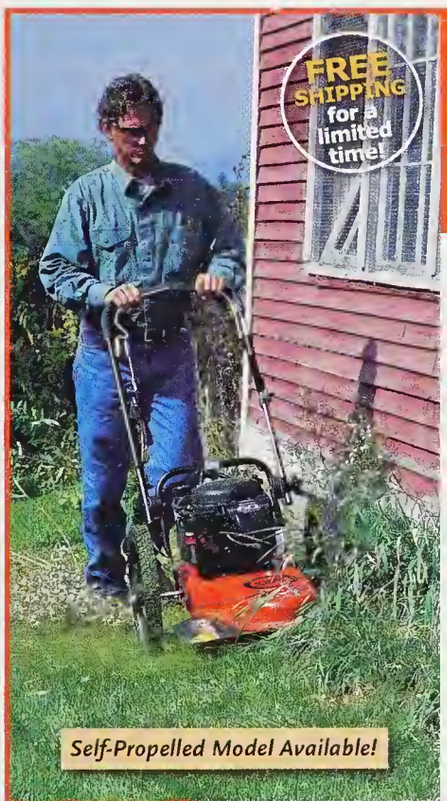


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YOU KNOW YOU'RE IN

# Carolina country if...

*...you found a*
**moonshine still**
*while squirrel hunting, but didn't dare come close to it because*
**"the law might be a-watchin' it."**

From Lanson Cox, Asheboro

**From Lanson Cox, Asheboro**

... You made a game of sneaking up to a branch (creek) and trying to stick a straw into an open mussel before it could close its shell.

... You made sourwood whistles and "trumpets" when the sap rose in the spring and had your hands and mouth stained black for days from the sap oozing from the bark.

... Your Fourth of July celebrations centered around friends getting together to seine the river, then having a fish fry with the catch.

... Your elderly neighbor didn't sit on her porch; she sat on her piazza (pronounced "pie-eezer").

... Seeing barnyard chickens fighting over maggots in a cow patty didn't diminish your appetite for fried chicken on Sunday.

... You found a moonshine still while squirrel hunting, but didn't dare come close to it because "the law might be a-watchin' it."

**From Annie Jackson, Harnett County**

... The goat got in the front room and ate the pretty plastic window curtains.

... Your mama took a little of nothing and made a meal out of it.

... You stumped your toe, it would bleed, and your mama tied a white rag around it.

**From Cindy Wood, Bills Creek**

... You had to break a bushel of green beans before your Aunt Martha would let you go swimming.

... It was the kids' job to wash the dirt off of the beets in a big ol' tin tub.

... You played hide-and-seek in the squash patch.

... On a sunny afternoon you spent more time in the barn than in front of the TV.

**From Ruth D. Smith, Waynesville**

... Mama sent you and your sister to get the cows off the hill and you ran up there barefoot. The grass was so cold that you would run where the cows had lain all night because it was warmer.

... Mama made dried apples and hung them up in a flour sack, so we girls would make a hole in the sack and get out a handful to eat every day.

... Your grandfather said, "Go get your hoes. It's time to hoe the corn." You would hoe all day and hope for rain, so you could go to the house.

... Mama made you and your sister wear long cotton stockings to school in the winter. But you were afraid they would make fun of you at school, so you would take the stockings off and hide them in the barn until after school.

**From Deborah Davis, Lillington**

... You took a bath in the river on Saturday when the well was dry in the summer.

... You have eaten a sugar pie.

... Your grandma knew which tree made the best twigs to dip snuff with.

... Your mama made school-girl pickles in the churn.

... You went bird blinding for yellow hammers in tobacco barns at night.

**From Nina C. Threatt-Joins, Marshville**

... Your car couldn't get up a hill with all the children in it, so you walked up the hill, got in the car and continued on to church.

... Your father would boil pine needles to soothe your heels and toes that got frostbite from your two-mile walk to school.

... Nine people would ride in a T-Model car to church.

... Your mom would move a board from the kitchen floor to get eggs for breakfast.

... You shimmied up a pine tree to see who was coming to your house.

... You set a box trap to catch rabbits for supper.

... At one end of the cornfield, your brother would stop the mule, run to the house and make an energy booster with a half glass of milk and half glass of molasses.

**From Patty Swing, Lexington**

... You had one storybook, memorized the nursery rhymes in it at age 3, and everybody thought you could read.

... Your aunt made polk stalk pickles, and they were the greatest thing in the world.

... Your mom cut cardboard in the shape of your shoes to cover the holes until May when you could start going barefoot.

... You went to the wheat field on May 1 to wash your face in the dew so you would be beautiful.

... The only time you had contact with your schoolmates in the summer was sending them a penny postcard and walking a mile to mail it.

... You walked miles in your community and knocked on every door to sell Colverine Salve and Rosebud Salve.

**From Janet Singleton, Turkey**

... Your grandpa would say, "Who beg won't get none, who don't beg don't want none."

... Your grandma sold candy that she got from the Watkins man, and you couldn't wait to get to her house with your nickel so you could buy a Baby Ruth, Goodbar or those Jellies.

**From Grace Conrad, Lewisville**

... You know the difference between a slop bucket and a slop jar.

... Mom would say, "What are you snausing for?"

... They would tell you, "I'll jerk a knot in your tail for not minding me."

... You wore asafetida on a string around your neck too keep away disease.

**From Lil Davis, Canton**

... You and your girlfriends floated down the stream to see who could come out with the most blood-suckers on her.

... On your way home from grade school you stepped on a soda can with each shoe so it clung to the bottom of your shoes, then clip-clopped all the way home, ruining many shoes.

... You got off of the school bus and yelled, "Got ya last." If they caught you, they yelled "Got ya back."

**From Mickie Henry, Morganton**

... You grew up watching "Hee Haw" on Saturday nights and "Gospel Jubilee" on Sunday mornings.

... You say "nanners" for bananas, "okry" for okra, and large biscuits are "catheads."

... You enjoy hearing the popping sound when sealing jars of green beans.

**From Steven Preddy, Franklin County**

... You helped your grandma gather eggs out of junked cars in the yard.

... You would "tour the countryside" on Sunday afternoon for something to do and end up at the local drive-in for a snack bag of Fritos and a drink in a Sweetheart cup that had the hearts on it.

.. You had a race while shelling beans to see who could shell the most in a set amount of time.

.. You have taken pictures at a hog killing.

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## Operation Kid Comfort

This Armed Services YMCA program, founded on Fort Bragg, helps America's littlest heroes, the children of deployed service men and women, by providing them with free photo-transfer comfort quilts. Central EMC member and quilter Ann Flaherty started the program to help relieve the emotional stress that children suffer during a parent's absence. ASYMCA volunteers collect photographs from military families to make photo-transfer quilts that bear images of the deployed family member, alone or with family. With the help of local quilters, volunteers are taught basic quilting steps and how to crop and scan pictures. The quilts made are given to children ages 5 and under to play with, sleep with, or use to comfort them from the grief of missing their deployed parent. Operation Kid Comfort has served more than 2,000 children on Fort Bragg and almost 5,000 American military families nationwide. Fabled Fibers, a quilting community that supports the program, sells note cards for $3 and calendars for $10 with quilt images. Proceeds benefit Operation Kid Comfort and other ASYMCA programs.

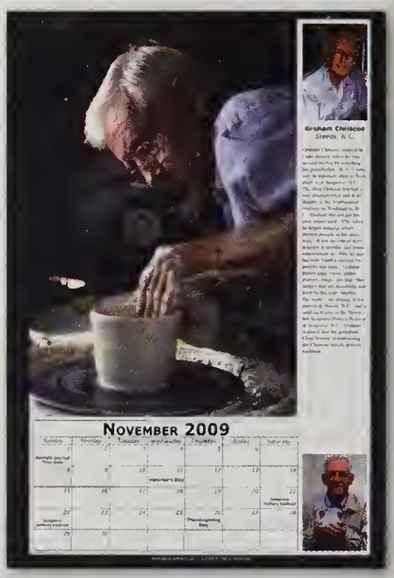
(910) 436-0500
www.fabledfibers.com

## Treats for your lil' cookie

Carolina Cookies has packages to remind campers that you miss them, to tell moms, dads and sweethearts that you love them and to show clients and customers that you appreciate them. The Greensboro-based company ships its cookies, including sugar-free treats, the same day they are baked. The Golf Bag Cooler comes with a cooler, two dozen gourmet cookies, golf balls, tees and honey-roasted peanuts for $49.95. A popular gift selection is the "Cookie of the Month Program," with shipping for three-, six- or 12-month periods and several packaging options available. The Graduation Cap Box comes in a cap filled with 18 soft and chewy cookies for $15.95.

(800) 447-5797
www.carolinacookie.com

## Dirty Ol' Men calendar




A new wall calendar features 18 muddy, North Carolinian men acclaimed for their pottery. Each month's page, starting this July and running through December 2009, features a large, vertical color photograph of a master potter creating a pot, along with his name and biography. Potters highlighted include Clyde Gobble of Lexington, Bob Meier of Boone and Vernon Owens, Sid Luck, Paul Ray and Phil Morgan, all of Seagrove. Calendar proceeds go to fund an annual pottery scholarship for a qualified, talented student in the Montgomery Community College pottery program. The organization that administers funds, The Ashley Albright Memorial Pottery Scholarship Foundation, was created in memory of Ashley Albright, a girl stricken with spinal meningitis and encephalitis at age 5. Ashley struggled bravely with the disease until she died in 2006 at age 24. Each "Dirty Ol' Men" calendar costs $20, plus a $5 shipping fee. It is also available at the studios of several potters featured.

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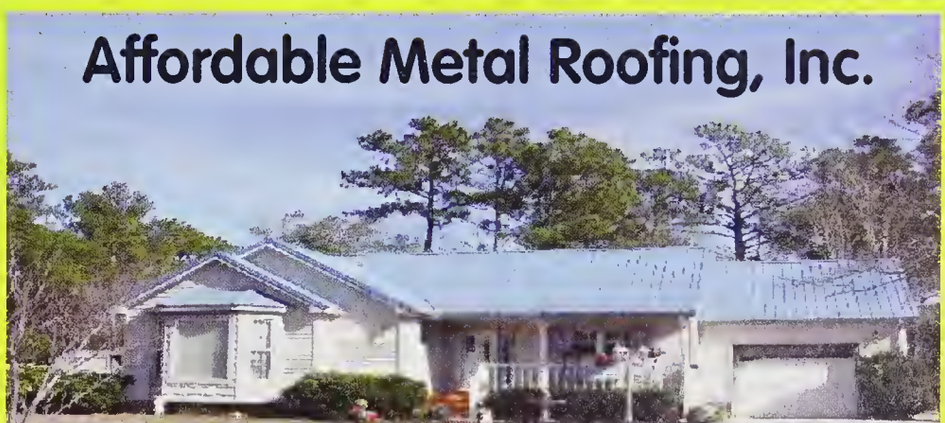

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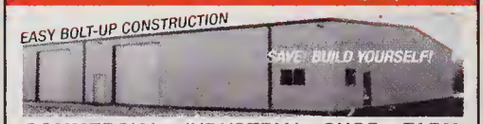


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# digit DETECTION

Given these clues, can you find the value of STOKES County? The square of the two-digit number ST is the four-digit number OKES. $(ST)^2 = OKES$ TxT=S T+T=K E+E=O

Use the grid to eliminate impossibilities. i.e. No number less than 32 has a four-digit square. Therefore S is greater than 2. No square ends in 2, 3, 7 or 8. Therefore S is not 2,3,7 or 8.

| S | T | O | K | E | S |
|---|---|---|---|---|---|
| 9 | 9 | 9 | 9 | 9 | 9 |
| X | 8 | 8 | 8 | 8 | X |
| X | 7 | 7 | 7 | 7 | X |
| 6 | 6 | 6 | 6 | 6 | 6 |
| 5 | 5 | 5 | 5 | 5 | 5 |
| 4 | 4 | 4 | 4 | 4 | 4 |
| X | 3 | 3 | 3 | 3 | X |
| X | 2 | 2 | 2 | 2 | X |
| X | 1 | 1 | 1 | 1 | X |
| X | 0 | 0 | 0 | 0 | X |

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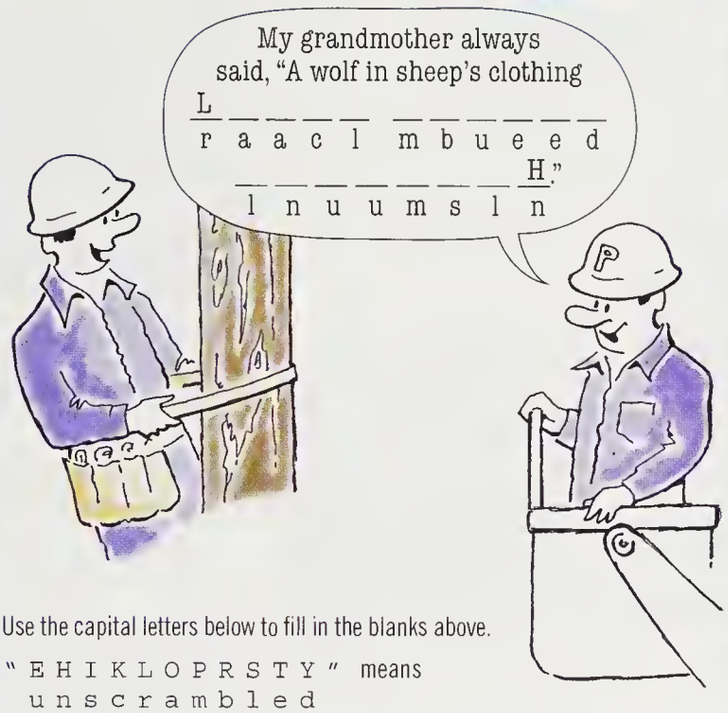
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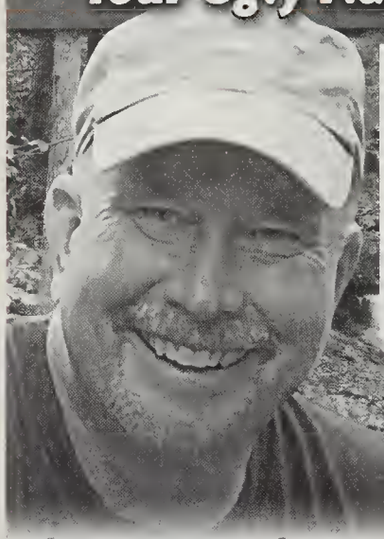

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# June Events

*Witness big-time water skiing at the Nissan Pro Jump and Slalom June 7–8 at Beaver Lake in Gates County. Call (252) 312-9187 or visit www.beaverlakeskiclub.com to learn more.*

This month we begin listing Carolina Compass events by the date on which they occur or begin instead of by region. The main reason is that we sometimes can't place an event exclusively in the Coast, Piedmont or Mountains. We hope the change makes this section more convenient.

*—The Editors*

## ONGOING

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**oanoke Island Festival Park**
elebrates the first English settlement
ne 1–30, Manteo
52) 475-1506
ww.roanokeisland.com

**C Maritime Museum**
atbuilding, sailing, workshops
ne 1–30, Manteo
52) 475-1750
w.obxmaritime.org

**Megan Rubino**
Watercolorist
June 1–30, Manteo
(252) 475-1500

**Silent Auction**
Benefits Appalachian Summer Festival
June 2–July 18, Boone
(800) 841-ARTS
www.appsummer.org

**"Cabaret"**
Berlin's Kit Kat club in the 1920s
June 5–22, Fayetteville
(910) 678-7186
www.gilberttheater.com

**American Dance Festival**
June 5–July 20, Durham
(919) 684-6402
www.americandancefestival.org

**Music on Main Street**
Friday nights
June 6–August 22, Hendersonville
(828) 693-9708
www.historichendersonville.org

**"Meet Me in St. Louis"**
Classic musical
June 11–29, Flat Rock
(828) 693-0731
www.flatrockplayhouse.org

**"Company"**
A look at relationships
June 13–29, Fayetteville
(910) 323-4233
www.cfrt.org

**Summer Arts Institute**
Week-long classes for kids
June 16–August 8, Charlotte
(704) 332-5535
www.mccollcenter.org

**"Sleeping Beauty"**
Classic story with music and dance
Tues./Thurs. through Aug. 14, Manteo
(252) 473-3414
www.thelostcolony.org

**The Applachian Summer Festival**
Begins June 28, Boone
(800) 841-ARTS
www.appsummer.org

## 1

**Christian Shape Note Singing**
Sacred harp singing
June 1, Harmony
(704) 546-2279

## 3

**"Elizabeth R"**
Interpretive performance, Queen Elizabeth I
June 3, 10, 17, Manteo
(252) 475-1500

## 4

**"Bloody Mary and the Virgin Queen"**
Based on Queen Elizabeth and Mary Tudor
June 4, 11, 18, Manteo
(252) 475-1500

## 5

**NC Symphony**
Free at the outdoor pavilion
June 5, Manteo
(252) 475-1500
www.roanokeisland.com

## 6

**MCAS Cherry Point Air Show**
Annual open house
June 6–8, Havelock
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**Transylvania County Handcrafters' Guild**
Craft show
June 6–7, Brevard
(828) 884-9908

**Big Lick Bluegrass Festival**
Sponsored by Union Power
June 6–7, Oakboro
(704) 985-6987
www.biglickbluegrass.com

**Carolina Cup Regatta**
Powerboats, vintage boats, hydroplanes
June 6–8, Elizabeth City
(888) 936-7387
www.carolinacupregatta.com

## 7

**Millstock Music & Art Fair**
June 7, Clayton
(919) 553-1545

**American Heritage River Celebration**
Festival for New River
June 7, Crumpler access
(336) 982-8118
www.nrcp-ahri.org

**Living History Program**
Period costumes, artillery demos
June 7, Four Oaks
(910) 594-0789

**Mooresville Cruise-In**
Cars aged 1978 and older
June 7, Mooresville
(704) 664-3898
www.mooresvillenc.org

**American Music Jubilee**
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**NC Aviation Fly-In**
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(336) 625-0170
www.ncairmuseum.org

**Blueberry Festival**
June 7, Ammon
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bmcoble@intrstar.net

**Rock 'n Roll Oldies Show**
Jonathan's of Matthews
June 7, Matthews
(704) 545-6618

**5K Run/Walk**
For Airborne & Special Operations Museum
June 7, Fayetteville
(910) 643-2774
www.asomf.org

**Open Bass Fishing Tournament**
Pembroke Fishing Center
June 7, Edenton
(252) 482-5343
www.pembrokefishingcenter.net

**Cape Fear Botanical Garden**
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June 7, Fayetteville
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www.capefearbg.org

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**Arts & Crafts Show**
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www.olddepot.org

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**NC State Shoot**
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June 12–14, Bostic
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www.nctrap.com

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**Gallery Crawl**
June 13, West Jefferson
(336) 846-2787

**Press Symposium**
100th anniversary of The Independent
June 13, Elizabeth City
(252) 335-1453
www.museumofthealbemarle.com

**Washington Summer Festival**
June 13–14, Washington
(252) 946-9168
www.wbcchamber.com

**Boonville Heritage Days**
Parade, entertainment, food, car show
June 13–14, Boonville, (336) 367-7941
www.boonvilleheritagedays.com

## 14

**Free Concert**
Fayetteville Symphony
June 14, Fayetteville
(910) 433-4690
www.fayettevillesymphony.org

**Civil War Living History**
June 14, Huntersville
(704) 875-2312
www.lattaplantation.org

**Bob Timberlake Gallery**
Spring and summer open house
June 14, Lexington
(800) 776-0802
www.bobtimberlake.com

**Sundowners Variety Music Show**
Bluegrass to Piedmont Blues
June 14 & 28, Lenoir, (828) 759-0075

**Music & Water Festival**
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www.visitedenton.com

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**USAF Langley Winds**
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June 15, Manteo
(252) 475-1500

**Tryon Palace Lawn Concert**
The NC Symphony
June 16, New Bern
(252) 514-4900
www.tryonpalace.org

## 19

**Fayetteville after Five**
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June 19, Fayetteville
(910) 485-5121
www.fayettevillemuseumart.com

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(919) 732-8156
www.hogdays.com

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www.jasonrobertsrodeo.com

**Yoga Workshop**
June 20–21, Hatteras Island
(252) 995-3125
www.spakoru.com

**Walk in the Park**
Stories of Highlands
June 20–22, Highlands
(828) 526-8134
www.highlandshistory.com

**Gospel Singing Convention**
Annual competition
June 20–22, Benson
(919) 894-4241

**Summer Night Stroll**
Music, food, artists
June 20, Lexington
(336) 249-0383
www.uptownlexington.com

**Music in the Streets**
Monthly downtown
June 20, Washington
(252) 946-2504

## 21

**Juneteenth Celebration**
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(252) 331-2925
www.rivercitycdc.org

**"An Evening with Elvis"**
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June 21, Matthews
(704) 545-6618

**Ocracoke Regatta**
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(252) 975-2174

**Lenoir Cruise-In**
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(828) 728-3811
www.lenoircruisers.com

**Teddy Bear Tea & Picnic**
Bring your bear
June 21, Hendersonville
(828) 891-6585
www.historicjohnsonfarm.org

**Yadkin Valley Stomp**
Suzuki Grand National Cross Country
June 21–22, Yadkinville
(336) 679-2200
www.gnccracing.com

## 22

**Arts Splash Concert**
Free concerts
June 22, 29; High Point
(336) 889-2787
www.highpointarts.org

**Summer Breeze Concert**
Bluegrass
June 22, Hertford
(252) 426-5123
www.newboldwhitehouse.org

**Singing on the Mountain**
Grandfather Mountain gospel singing
June 22, Linville
(800) 468-7325
www.grandfather.com

## 24

**Commedia Pied Piper**
Zany story
June 24–27, Manteo
(252) 475-1500
www.roanokeisland.com

**Children's Art Workshop**
June 24–26, Hendersonville
(828) 891-6585
www.historicjohnsonfarm.org

## 26

**Sundown in Downtown**
Concert with Craig Woolard
June 26, Benson
(919) 894-3825

**Tea with the Queen**
Meet Queen Elizabeth I
June 26, Manteo
(252) 473-3414
www.thelostcolony.org

**"The Boy Friend"**
Roaring 20s song and dance
June 26–July 5, Washington
(252) 975-1192

## 27

**Fourth Friday**
Arts downtown
June 27, Fayetteville, (910) 323-1776
www.theartscouncil.com

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**Old Homes and Gardens Tour**
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www.beauforthistoricsite.org

## 28

**Harbor Arts Festival**
June 28–29, Elizabeth City
(252) 338-6455
www.artsofthealbemarle.com

**Iredell County Parade**
June 28, Troutman
(704) 528-7600

**Ricky Skaggs and Kentucky Thunder**
Appalachian Summer Festival
June 28, Boone
(800) 841-ARTS
www.appsummer.org

**Fish Towne Get Down**
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June 28, Beaufort
(252) 728-2762
www.ncmm-friends.org

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(828) 429-0739

**God & Country Celebration**
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June 28, East Bend
(336) 699-8560

**Gold Panning**
Latta Plantation
June 28, Huntersville
(704) 875-2312
www.lattaplantation.org

**Horse Show Series**
June 28–29, Smithfield
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www.appsummer.org

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For Sept.: July 24

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CAROLINA COUNTRY

# adventures

Visitors see living history demonstrations in the historic town of Halifax.

*Halifax County possesses centuries-old charm and contemporary attractions. The Roanoke River was the homeland of Native American tribes such as the Ocaneechi (today, part of the Haliwa-Saponi). During the American Revolution, the town of Halifax hosted pivotal political events such as the "Halifax Resolves," the first official action by an entire colony recommending independence from England.*

*Today, Halifax offers living history demonstrations and a treasure trove of antique shops. A good example of a Rosenwald School (used for educating African Americans from the 1920s to the late 1950s) is at the 4-H Rural Life Center. Roanoke Rapids, just off I-95 and close to Virginia, boasts a lively downtown district dotted with eateries and unique storefronts. Be sure to see its old, castle-like high school building.*

*Roanoke Rapids Lake Day Use Area, which recently opened, offers swimming, concessions, volleyball, Frisbee golf and a handicapped-accessible fishing pier. In Scotland Neck, try the fried broccoli at Luigi's or marvel at the world's largest collection of rare and endangered waterfowl at Sylvan Heights Park. Medoc Mountain State Park in Hollister offers trails and creek paddling or you can watch folks tear it up at Clary's Speedway, a dirt track in Brinkleyville.*

## *Three top spots:*

**Carolina Crossroads:** Located on I-95 at exit 171, Carolina Crossroads is a developing 1,000-acre music and entertainment district. Its state-of-the-art, outdoor Roanoke Rapids Theatre features star musicians and a multi-media variety show, "Family Reunion," which showcases the Jerusalem Ridge Band. A beach music festival is on tap for June 21. (888) 481-2726 or www.carolinacrossroads.com

**Halifax County**
Halifax EMC & Roanoke Electric Cooperative territory

*Learn of other nearby adventures and events:*

(800) 522-4282
www.visithalifax.com

**Roanoke Canal Museum:** Based in Roanoke Rapids, it relates the area's transportation, industry and power generation history through indoor and outdoor activities. Of special interest is the DVD oral history presentation. A 7.5-mile trail, rich with native wildlife, follows the old navigation canal bed from Roanoke Rapids Lake Park to River Falls Park in Weldon. (252) 537-2769 or www.roanokecanal.com

**Historic Halifax Site:** Start at the Visitor Center for exhibits, guided tours of historic structures and colonial demonstrations such as tin-smithing, tatting and butter churning. (252) 583-7191or www.nchistoricsites.org/halifax/halifax.htm

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By Carla Burgess

## Dry shade performers

Dry, shady sites can pose a challenge for gardeners. Plants often compete with tree roots for water. *Lamium maculatum* is an attractive, spreading groundcover that provides a refreshing alternative to ivy and vinca. 'White Nancy', 'Pink Pewter', 'Orchid Frost' and 'Beacon Silver' all have green leaves with silvery-white variegation. 'Golden Anniversary' has dark green leaves with yellow edging. The plants have small flowers, but the foliage makes a big impact. Red epimedium is another charming perennial groundcover with heart-shaped green and maroon variegated leaves. Virginia creeper is a native, vining groundcover with pretty, red fall foliage. Other plants that perform well in dry shade include Christmas fern, sweet woodruff, hellebores (i.e., Lenten rose) and woodland aster.

## Hort Shorts

- Monarch butterflies live on nectar sipped from a wide variety of flowers, but their caterpillars feed solely on the leaves of the milkweed plant. Butterfly weed, *Asclepias tuberosa*, and swamp milkweed, *Asclepias incarnata*, are popular perennials that gardeners plant to attract female monarch butterflies to lay their eggs. The tropical milkweed, *Asclepias curassavica*, which is an annual flower in most of North Carolina, is another good garden variety.

- Rain barrels are a great way to capture and conserve water for irrigation, but many creative solutions are available to the home gardener. Some other sources to explore are air conditioner condensation, water from the dehumidifier, water captured while waiting for the shower to warm, or water collected from hand dishwashing. For more information about water conservation in the garden, visit http://ncbg.unc.edu/pages/96.

- The Agronomic Division of the N.C. Department of Agriculture and Consumer Services provides free soil testing to any resident of North Carolina. The tests are either predictive, which estimates the nutrient requirements of the plants to be grown in the approaching season, or diagnostic, which identifies nutrient-related problems that happen during the growing season. For information on how to collect, package and submit samples, visit www.agr.state.nc.us/agronomi/sthome.htm, or call your local Cooperative Extension office. Find your county phone number at www.ces.ncsu.edu/index.php?page=countycenters.

- Tomato transplants that are tall or leggy will fare better in the garden when planted via the trench method. Remove all the bottom leaves of the potted plant. Dig a horizontal trench several inches deep, then lay the plant on its side and cover with soil, leaving only the top few leaves above the ground. The plant will develop new roots along the submerged stem, providing a sturdy foundation. An alternative solution is to dig a hole deep enough to sink the plant down to its top cluster of leaves.

*A monarch caterpillar dining on the leaves of swamp milkweed.*

## Tending your garden birds

- Anyone who has noticed birds splashing around in a birdbath or puddle in the rain knows there's something irresistible to birds about dripping water. Wildlife stores even sell birdbaths now with drip attachments. You can make a homemade drip bath by hanging a jug or bucket with a hole in the bottom a few feet above a birdbath. Try suspending the "dripper" from a tree branch or shepherd's hook. The flow doesn't have to be high-volume. A small hole that delivers the occasional drip will suffice, and it won't waste water.

- The proper recipe for homemade hummingbird nectar is 1 part table sugar to 4 parts water. If your hummers are not draining the feeder within three days, boil the mixture to help retard the growth of mold. Boil the sugar water for 1 to 2 minutes, then cool before filling the feeder. When the weather's hot, clean your feeders at least twice a week. Operation Ruby Throat recommends cleaning plastic feeder parts with a diluted solution of hot white vinegar, not bleach. For tips on hummingbird watching and feeding, visit the Web site at www.rubythroat.org.

- Birdbaths should be periodically cleaned to ensure the health of bathers. Use a stiff brush or scouring pad to remove dirt and algae. The National Audubon Society recommends soaking birdbaths in a solution of water and bleach in a 9:1 ratio, respectively, for a few minutes (be sure to cover or monitor the birdbath to keep birds away from chlorine solution). Scrub the basin, then thoroughly rinse and dry before refilling. For more birdbath hygiene info, visit www.audubon.org/bird/at_home/bird_feeding/feeder_maint.html.

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Carla Burgess can be reached at ncgardenshare@mindspring.com.

For more gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com.

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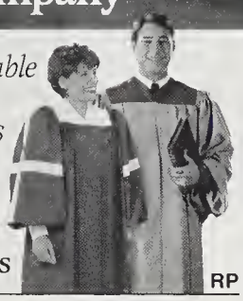

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By James Dulley

# Window awnings can cut cooling costs in summer

*These fabric window awnings can be retracted up against the wall to expose the window glass when more light is needed indoors.*

Installing window awnings can significantly reduce how much energy you use to cool your home. There are also other benefits: furniture, drapes and carpeting won't fade as soon; your primary widows are protected from sun and severe weather. The same UV rays that fade your furniture also slowly degrade window frame materials.

Blocking direct radiant heat from the sun helps reduce your energy requirements inside. Studies by the University of Minnesota found that installing window awnings can reduce cooling energy needs by 21 percent in Phoenix, 17 percent in St. Louis, and 24 percent in Boston. Total dollar savings, however, are greater in a warm climate because the overall air-conditioning costs are higher. The actual savings you realize depend upon the energy efficiency of your home, as well as the amount of natural shading from trees and orientation of the windows to the sun.

Awnings will save you most during the hottest hours of the afternoon when the sun is most intense. Awnings used at that time can reduce the peak electricity load for your electric cooperative, too, so there is less chance of brownouts and other problems from high electricity demand. Some electricity rates charged to businesses depend on how much power they use during times of peak demand.

There are many window awning options available. Decide first if you want fixed or adjustable awnings. They both are equally effective during the summer to reduce your peak electricity usage in mid-afternoon. Adjustable awnings can change the level of shading throughout the day and seasons. Fixed and adjustable ones are available in all aluminum or in fabric-covered aluminum.

Some adjustable fabric awnings can be lowered to be almost flat over the window opening, allowing an extra protection in severe weather. They can also be raised to expose most of the window glass. The maximum projection from the wall for an adjustable aluminum awning is fixed by the frame and the down arm length. Aluminum awning slats roll up above the frame for opening, and the hinged arms swing upward. Aluminum awnings are stronger and more resistant to degradation from the sun's rays than their fabric counterparts.

Sideless awning designs, called Venetian awnings, are effective for true south-facing windows because the most intense sun's rays come from overhead. Actually, just a relatively short flat board over the window, such as a large roof overhang, is effective at blocking the sun over these windows. If you need to block the late afternoon sun at those south-facing windows, install hood-style awnings with sides. For casement windows, hip-style awnings provide clearance for the window sash to swing open outward.

It's important to size window awnings properly. How long they project from the house wall affects how much sun they block and how much solar warmth comes through in winter. This is particularly true if you install fixed awnings, instead of adjustable ones, because you can't adjust their shading. The direction in which the window faces also affects awning size, because the sun is lower in the sky during early morning and late afternoon.

If you still remember some of your high school geometry, you should be able to calculate the size of awning needed for various windows in your house. The latitude for your area determines how high the sun is in the sky and its angle of incidence on your windows. The sun's height also varies throughout the day and seasons. You can find the sun location for various regions, seasons and times of day in most basic solar energy books. If you are not a math wiz, just make some test awnings with cardboard to determine the proper size.

*James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.*

The following companies offer window/door awnings:

**Awntech** (800) 200-5997
www.awntech.com

**Craft-Bilt** (800) 422-8577
www.craftbilt.com

**Durasol Awnings** (888) 387-2765
www.durasol.com

**Eastern Awning** (800) 445-4142
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## Chocolate Peanut Squares

- 2 cups confectioners' sugar
- ¾ cup creamy peanut butter
- ⅔ cup graham cracker crumbs
- ½ cup butter, melted

**Topping:**

- ⅔ cup semisweet chocolate chips
- 4½ teaspoons creamy peanut butter
- ½ teaspoon butter

Line a 9-inch square pan with foil and butter the foil; set aside. In a large bowl, combine confectioners' sugar, peanut butter, graham cracker crumbs and butter. Spread into prepared pan.

Combine topping ingredients in a microwave-safe bowl; heat until melted. Spread over peanut butter layer. Refrigerate until cool. Using foil, lift out of pan. Cut into 1-inch squares. Store in an airtight container in the refrigerator.

*Yield: 1½ pounds*

# *Winning reader recipe*

## Peanut Butter Chocolate Dessert

- 20 Oreos, divided
- 2 tablespoons butter or margarine, melted
- 1 package (8 ounces) cream cheese, softened
- ½ cup peanut butter
- 1½ cups confectioners' sugar, divided
- 2 containers (8 ounces each) Cool Whip
- 15 miniature Reese cups, chopped
- 1 cup cold milk (can use 2 percent)
- 1 package (3.9 ounce) instant chocolate fudge pudding mix

Crush 16 Oreos; toss with butter. Press into the bottom of an ungreased 9-inch square dish. In a mixing bowl, beat the cream cheese, peanut butter, and 1 cup confectioners' sugar until smooth. Fold in one container Cool Whip. Spread over the Oreo crust. Sprinkle with the Reese cups.

In another bowl, beat the milk, pudding mix and remaining confectioners' sugar on low speed for 2 minutes. Fold in the other Cool Whip container. Spread over Reese cups. Crush remaining Oreos; sprinkle over the top. Cover and chill at least 3 hours.

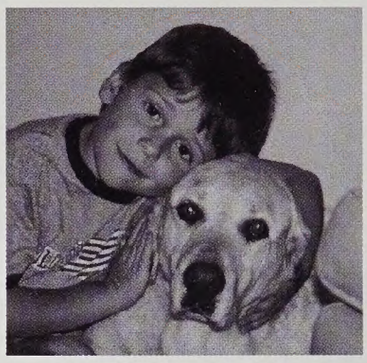
*Yield: 12 servings*

*Robin Smith of Union Power in Waxhaw, NC will receive $25 for submitting this recipe.*

### Send Us Your Recipes

Contributors whose recipes are published will receive $25. We retain reprint rights for all submissions. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com

## Charlie Fitzpatrick Loves His Peanut Butter



Eight-year-old Charlie Fitzpatrick of Hillsborough created the Jif Peanut Butter Club for the sixth annual Jif Most Creative Peanut Butter Sandwich Contest. Charlie added a peanut butter twist to the classic club sandwich. His sandwich features Jif Creamy Peanut Butter, spinach leaves, apple, turkey and bacon layered on white and wheat bread. Charlie adds grapes, chips or another favorite snack to complete his sandwich.

On March 20, the five contest finalists put their creativity to the test and presented their peanut butter sandwiches to a panel of judges at the Culinary Loft in New York City. Samual Sosa of Riverside, Calif., earned the top $25,000 scholarship prize with his Crunchy Chinese Fortune Cookie Sandwich. As one of the four runners-up, Charlie received a $2,500 college scholarship fund and a Jif gift basket.

Visit www.jif.com for the complete recipes.

## Jif Peanut Butter Club Sandwich

- 2 tablespoons maple syrup
- 2 slices white sandwich bread
- 1 slice whole wheat bread
- 3 tablespoons Jif Creamy Peanut Butter (or other brand)
- 6 small leaves (about ½ ounce) spinach, rinsed and patted dry
- 2 ounces chilled, skin-on red delicious apple, cored
- 3 ounces thinly sliced white turkey breast deli meat
- 1 ounce (about 5 slices) bacon

Wash hands.

Preheat oven to 400 degrees. Arrange bacon slices on foil-lined baking sheet. Drizzle each slice with maple syrup. Using fingers, spread syrup to coat each slice evenly. Bake 15 minutes or until nicely browned and slightly crisp. Remove from oven to cool.

Toast bread slices. Slice chilled apple thinly. Spread each slice of bread evenly with 1 tablespoon peanut butter each, on one slide only. Arrange bread, peanut butter side up, on work surface that is clean. Lay half of the apple slices on one of the slices of white bread. Next is a layer of half of the turkey breast. Arrange half of bacon slices on top of that. Lay three of the spinach leaves last. Place the slice of whole wheat bread, peanut butter side up, on top of everything else. Repeat layering and arrangement of the remaining apple, turkey, bacon and spinach on the slice of white bread. Finally, place last piece of bread peanut butter side down to complete sandwich.

Holding sandwich firmly, trim all edges then cut the sandwich into four small triangles. Push a toothpick into the center of each triangle and place each triangle on its side so sandwich layers are visible, leaving space in the center of the plate. Fill space with washed grapes or chips or favorite snack.

Chocolate Peanut Squares recipe by Taste of Home magazine. For a sample copy, send $2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at www.tasteofhome.com

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| 35 | $ 1.30 | $ 1.08 |
| 55 | $ 3.20 | $ 2.53 |
| 65 | $ 5.36 | $ 4.14 |
| 75 | $ 10.23 | $ 7.64 |
| 85 | $ 19.77 | $ 16.52 |

* Does not include $36 policy fee, minimums may apply

Sample Monthly Rates per 1,000*

| Issue Age | Male (tobacco) | Female (tobacco) |
|---|---|---|
| 5 | N/A | N/A |
| 15 | N/A | N/A |
| 35 | $ 1.79 | $ 1.49 |
| 55 | $ 4.30 | $ 3.55 |
| 65 | $ 7.18 | $ 5.41 |
| 75 | $ 13.24 | $ 8.85 |
| 85 | $ 26.26 | $ 17.67 |

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